

Prosciutto Fried Rice

with Sesame Snow Peas & Bok Choy

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
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Ingredients

Customized ingredients

 3 oz Prosciutto 


SWAPPED FOR:

 10 oz Chopped Chicken Breast 

 ¼ tsp Crushed Red Pepper Flakes

 1 tsp Black & White Sesame Seeds


 1 Pasture-Raised Egg


 10 oz Baby Bok Choy

 2 cloves Garlic

 1 Tbsp Sesame Oil

 ½ cup Long Grain White Rice

 4 oz Snow Peas

 2 Tbsps Soy Glaze

 2 Tbsps Apple Cider Vinegar

 Serve with Blue Apron wine that has this symbol
blueapron.com/wine

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*Ingredients may be replaced and quantities may vary.

1 Cook the rice

- In a small pot, combine the **rice**, a **pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



2 Prepare the ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- Stack the **prosciutto** (removing the plastic lining between the slices), then thinly slice crosswise.
- Halve the **snow peas** crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the root ends of the **bok choy**; roughly chop the leaves and stems.
- Crack the **egg** into a bowl; beat until smooth.
- In a separate bowl, whisk together the **soy glaze** and **vinegar**.



↩ CUSTOMIZED STEP 2 If you chose Chicken

- Prepare the ingredients and make the sauce as directed, but skip the prosciutto prep.

3 Crisp the prosciutto

- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced prosciutto**. Cook, stirring frequently and breaking apart any clumps, 2 to 3 minutes, or until lightly browned and slightly crispy.
- Leaving any browned bits (or fond) in the pan, transfer to a paper towel-lined plate.



↩ CUSTOMIZED STEP 3 If you chose Chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a large bowl; cover with foil to keep warm.

Ingredient Name
here and here

4 Cook the vegetables & egg

- In the pan of reserved fond, heat the **sesame oil** on medium-high until hot.
- Add the **halved snow peas**. Cook, stirring occasionally, 1 to 2 minutes, or until lightly browned and slightly softened.
- Add the **chopped garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add the **chopped bok choy**. Cook, stirring frequently, 1 to 2 minutes, or until softened. Using a spoon, move the vegetables to one side of the pan.
- Add a drizzle of **olive oil** to the other side, then add the **beaten egg**. Cook, constantly stirring the egg, 30 seconds to 1 minute, or until cooked through. Stir the vegetables and egg to thoroughly combine.
- Transfer to a large bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



↩ CUSTOMIZED STEP 4 If you chose Chicken

- Cook the vegetables and egg as directed, but transfer to the bowl of **cooked chicken**.

5 Make the fried rice & serve your dish

- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **cooked rice** in an even layer. Cook, without stirring, 3 to 4 minutes, or until slightly crispy. Turn off the heat and stir in the **sauce**.
- Transfer the **fried rice** and **crisped prosciutto** to the bowl of **cooked vegetables and egg**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished fried rice** garnished with the **sesame seeds**. Enjoy!



↩ CUSTOMIZED STEP 5 If you chose Chicken

- Make the fried rice as directed in Step 5.
- Transfer the **fried rice** to the bowl of **cooked chicken, vegetables, and egg**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished fried rice** garnished with the **sesame seeds**. Enjoy!