

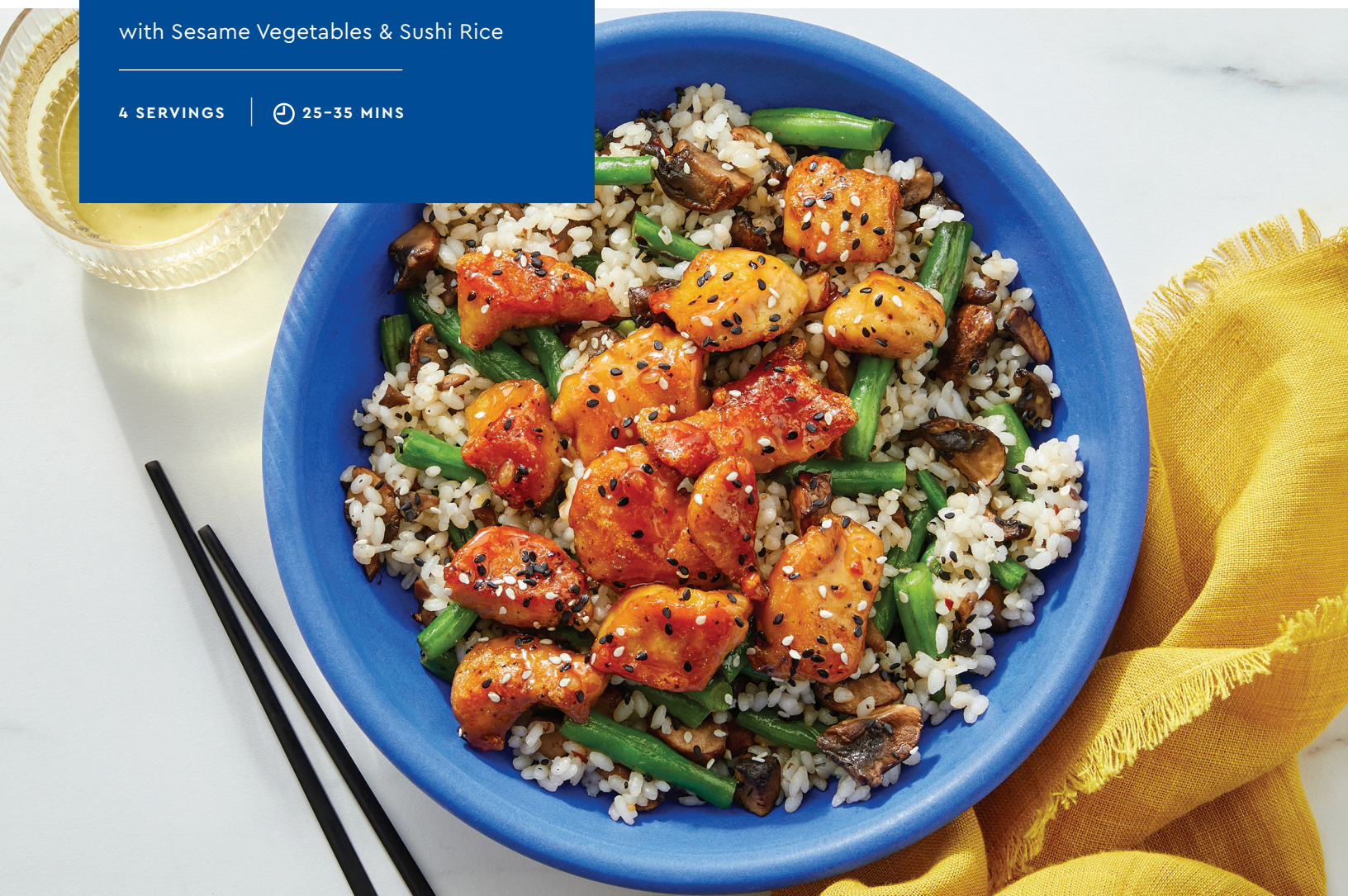
Soy & Butter-Glazed Chicken

with Sesame Vegetables & Sushi Rice

4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
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Ingredients

Customized ingredients




18 oz Chopped Chicken Breast 



1/4 cup Rice Flour 

SWAPPED FOR:



18 oz Tail-On Shrimp¹ 



1 oz Butter



1 cup Sushi Rice



3/4 lb Green Beans



1 Tbsp Sesame Oil



1/4 tsp Crushed Red Pepper Flakes



1/2 lb Mushrooms



1/3 cup Soy Glaze



1 Tbsp Rice Vinegar



1 tsp Black & White Sesame Seeds



Serve with Blue Apron wine that has this symbol
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¹. peeled & deveined

*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients & make the glaze

- Wash and dry the fresh produce.
- Roughly chop the **mushrooms**.
- Cut off and discard any stem ends from the **green beans**; cut into 2-inch pieces.
- In a bowl, combine the **soy glaze** and **vinegar**.



2 Cook the rice

- In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 ¼ cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



3 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **chopped mushrooms** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **green bean pieces** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.



4 Coat, cook & glaze the chicken

- Pat the **chicken** dry with paper towels; place in a bowl and season with salt and pepper. Add the **flour** and toss to coat.
- In the same pan, heat **2 tablespoons of olive oil** on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **coated chicken** in an even layer (discarding any excess flour). Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 2 to 3 minutes, or until browned on all sides.



Step 4 continued:

- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the chicken is coated and cooked through.
- Turn off the heat. Stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.

↺ CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Season with salt and pepper (you will omit **rice flour**).
- In the same pan, heat **2 tablespoons of olive oil** on medium-high until hot.
- Add the **seasoned shrimp** in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly opaque.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the shrimp are coated, opaque, and cooked through.
- Turn off the heat. Stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.

5 Finish the rice & serve your dish

- Add the **cooked vegetables** to the pot of **cooked rice**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **glazed chicken** (including any glaze from the pan) over the **finished rice**. Garnish with the **sesame seeds**. Enjoy!



↺ CUSTOMIZED STEP 5 If you chose Shrimp

- Finish the rice and serve your dish as directed with the **glazed shrimp** (instead of chicken).

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, New York, NY 10005

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