

Ingredients



10 oz Boneless Chicken Breast Pieces or 20 oz for 4 servings



6 oz Carrots or 3/4 lb for 4 servings



1/4 cup Rice Flour



2 Tbsps Soy Glaze or 3 Tbsps for 4 servings



1/2 cup Sushi Rice or 1 cup for 4 servings



2 cloves Garlic



1 Tbsp Yuzu Kosho or 2 Tbsps for 4 servings



1 Tbsp Sesame Oil



4 oz Sugar Snap Peas or ½ lb for 4 servings



2 Scallions



2 Tbsps Mayonnaise or ½ cup for 4 servings



1 tsp Black & White Sesame Seeds



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

Cook along on the app

The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.



"Alexa, find Blue Apron recipes."

1 Cook the rice

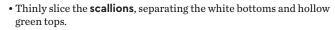
- In a medium pot, combine the rice, a big pinch of salt, and 3/4 cup of water or 11/4 cups of water if you're cooking 4 servings. Heat to boiling on high.
- · Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.



• Turn off the heat and fluff with a fork. Add the sesame oil; stir to combine. Taste, then season with salt and pepper if desired.

2 Prepare the ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- Peel the carrots; thinly slice on an angle.
- · Pull off and discard the tough string that runs the length of each snap pea pod.
- Peel and roughly chop 2 cloves of garlic.



• In a bowl, whisk together the yuzu kosho, mayonnaise, and soy glaze.

3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of olive oil medium-high until hot.
- Add the sliced carrots in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned and slightly softened.



- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.

4 Coat & cook the chicken

- Pat the chicken dry with paper towels; place in a bowl. Season with salt and pepper. Add the flour; toss to coat.
- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add



- Continue to cook, stirring frequently, 3 to 4 minutes, or until browned and cooked through.
- · Turn off the heat.

5 Dress the chicken & serve your dish

- Discarding any oil from the pan, carefully transfer the cooked chicken to a large bowl. Add the sauce; stir to coat. Taste, then season with salt and pepper if desired.
- Serve the cooked rice topped with the cooked vegetables and dressed chicken. Garnish with the sesame seeds and
- sliced green tops of the scallions. Enjoy!





