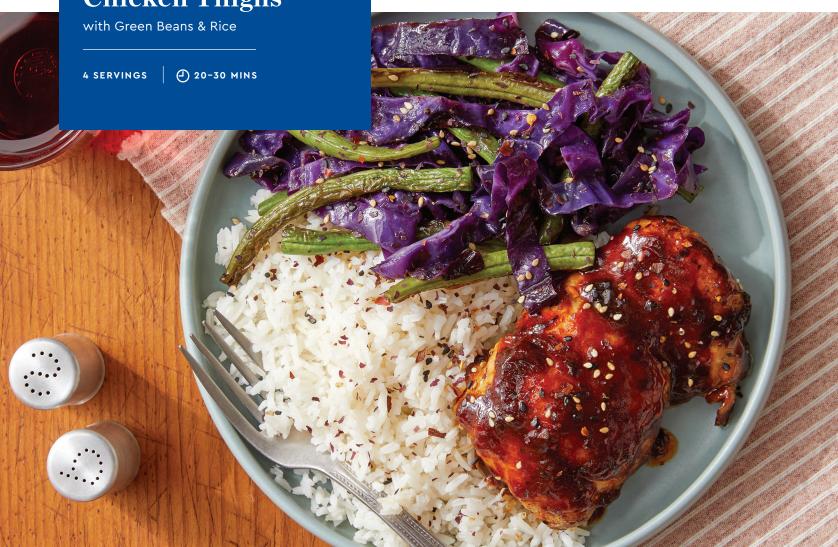




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FYOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an (a) icon) and instructions tailored to you.\*

## **Ingredients**

Customized ingredients



24 oz Boneless, Skinless Chicken Thighs 🔄

SWAPPED FOR



18 oz Tail-On Shrimp<sup>1</sup> 🔄



1 Tbsp Gochujang



1 tsp Furikake



1 cup Long Grain White Rice



3/4 lb Green Beans



2 Tbsps Black Bean Sauce



1 lb Red Cabbage



2 Tbsps Crème Fraîche



1/3 cup Soy Glaze



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Serve with Blue Apron

blueapron.com/wine

wine that has this symbol

<sup>1</sup> neeled & deveine

<sup>\*</sup>Ingredients may be replaced and quantities may vary.

## Cook the rice

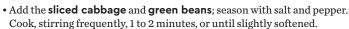
- In a medium pot, combine the rice, a big pinch of salt, and 2 cups of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.



• Turn off the heat and fluff with a fork. Cover to keep warm.

#### 2 Prepare & cook the vegetables

- · Meanwhile, wash and dry the fresh produce.
- Cut out and discard the core of the cabbage; thinly slice the leaves.
- · Cut off and discard any stem ends from the green beans.
- In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.



- Add 1/4 cup of water (carefully, as the liquid may splatter); season with salt and pepper. Loosely cover the pan with foil. Cook, stirring occasionally, 3 to 4 minutes, or until the vegetables are softened and the water has cooked off.
- Transfer to a bowl; taste, then season with salt and pepper if desired. Cover with the foil to keep warm.
- · Wipe out the pan.

# Make the glaze

- · Meanwhile, in a bowl, combine the soy glaze, black bean sauce, crème fraîche, 1/4 cup of water, and as much of the gochujang as you'd like, depending on how spicy you'd like the dish to be.
- Taste, then season with salt and pepper if desired.



## 4 Cook the chicken & serve your dish

- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 8 minutes, or until lightly browned. Flip and cook 4 minutes.



- Add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the chicken, 2 to 4 minutes, or until the chicken is coated and cooked through.\*
- Turn off the heat.
- $\bullet$  Serve the cooked chicken (including any glaze from the pan) with the cooked rice and cooked vegetables. Garnish with the furikake. Enjoy!

## STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Season with salt and pepper.
- In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- Add the seasoned shrimp in an even layer. Cook, without stirring, 1 to 2 minutes, or until slightly opaque.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring frequently, 2 to 3 minutes, or until the shrimp are coated, opaque, and cooked through.
- Turn off the heat.
- Serve the **cooked shrimp** (including any glaze from the pan) with the cooked rice and cooked vegetables. Garnish with the furikake. Enjoy!

\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

