

Spicy Soy-Glazed Chicken Thighs

with Green Beans & Rice

4 SERVINGS

20-30 MINS



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Ingredients

Customized ingredients

 24 oz Boneless, Skinless Chicken Thighs 

SWAPPED FOR:


 18 oz Tail-On Shrimp¹ 

 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



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 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 the **sliced cabbage** and **green beans**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add **¼ 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.



3 Make the glaze

- Meanwhile, in a bowl, combine the **soy glaze**, **black bean sauce**, **crème fraîche**, **¼ 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.
- Serve the **cooked chicken** (including any glaze from the pan) with the **cooked rice** and **cooked vegetables**. Garnish with the **furikake**. Enjoy!



↩ CUSTOMIZED 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.

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.

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