

Ingredients



22 oz Chicken Breast Strips



1/2 lb Mushrooms



1 Tbsp Sesame Oil



1 tsp Black & White Sesame Seeds



1 cup Sushi Rice



1/4 cup Rice Flour



1 Tbsp Rice Vinegar



¼ tsp Crushed Red Pepper Flakes



3/4 lb Green Beans



¹⁄₃ cup Soy Glaze



1 oz Butter



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

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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 1¼ 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.



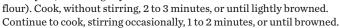
3 Cook the vegetables

- 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 1 tablespoon of olive oil on medium-high until hot.
- Add the coated chicken in an even layer (discarding any excess



- 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.

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!

