

Soy & Butter- Glazed Chicken

with Sesame Vegetables & Sushi Rice

4 SERVINGS

⌚ 25-35 MINS

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Ingredients



22 oz Chicken Breast
Strips



½ lb Mushrooms



1 Tbsp Sesame Oil



1 tsp Black & White
Sesame Seeds



1 cup Sushi Rice



¼ cup Rice Flour



1 Tbsp Rice Vinegar



¼ tsp Crushed Red
Pepper Flakes



¾ lb Green Beans



⅓ cup Soy Glaze



1 oz Butter



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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 1/4 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 flour). Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring occasionally, 1 to 2 minutes, or until browned.
- 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!

