

Spicy Honey-Soy Chicken & Broccoli

with Rice, Peanuts & Sesame Seeds

2 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
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Ingredients



10 oz Chopped Chicken Breast



2 cloves Garlic



1 Tbsp Honey



3 Tbsps Roasted Peanuts



½ cup Long Grain White Rice



1 Lime



2 tsps Gochujang



1 tsp Black & White Sesame Seeds



½ lb Broccoli



1 Tbsp Ketchup



2 Tbsps Soy Glaze



¼ tsp Crushed Red Pepper Flakes



Serve with Blue Apron wine that has this symbol
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1 Prepare the ingredients & make the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem, then cut into small florets.
- Quarter the **lime**.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peanuts**.
- In a bowl, combine the **ketchup, honey** (kneading the packet before opening), **soy glaze**, 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.



2 Roast the broccoli

- Line a sheet pan with foil.
- Transfer the **broccoli florets** to the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven. Evenly top with **the juice of 2 lime wedges**; carefully toss to coat. Taste, then season with salt and pepper if desired.



3 Cook the rice

- Meanwhile, in a small pot, combine the **rice, a big pinch of salt**, and **1 cup 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.



4 Cook the chicken & serve your dish

- Meanwhile, pat the **chicken** dry with paper towels. Season with salt and pepper.
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned chicken** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the **chopped garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until combined.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 2 to 3 minutes, or until the chicken is coated and cooked through.
- Turn off the heat.
- Serve the **cooked rice** topped with the **roasted broccoli** and **cooked chicken and sauce**. Garnish with the **chopped peanuts** and **sesame seeds**. Serve the **remaining lime wedges** on the side. Enjoy!

