

## **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



1/4 tsp Crushed Red Pepper Flakes



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

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### 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 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





#### 3 Cook the rice

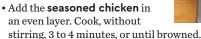
- Meanwhile, in a small pot, combine the rice, a big pinch of salt, and 1 cup of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.



• 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 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!

