

# Chicken Teriyaki & Aromatic Rice

with Bok Choy & Sweet Peppers

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**

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## Ingredients

Customized ingredients

 10 oz Chicken Breast Strips 

SWAPPED FOR:

 10 oz Tail-On Shrimp<sup>1</sup> 

 2 cloves Garlic

 1 Tbsp Sesame Oil

 ½ cup Long Grain White Rice

 10 oz Baby Bok Choy

 2 Tbsps Soy Glaze

 1 Tbsp Rice Vinegar

 4 oz Sweet Peppers

 1 piece Ginger

 1 Tbsp Mirin<sup>2</sup>

 1 Tbsp Togarashi Seasoning<sup>3</sup>

## Cook along on the app



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<sup>1</sup>peeled & deveined <sup>2</sup> salted cooking wine <sup>3</sup> Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds  
\*Ingredients may be replaced and quantities may vary.

## 1 Make the aromatic rice

- Peel and roughly chop **2 cloves of garlic**.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- In a medium pot, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **chopped garlic** and **chopped ginger**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **rice, a big pinch of salt, and 1 cup of water** (carefully, as the liquid may splatter). 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.



## 2 Prepare the remaining ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stems of the **peppers**; remove the cores, then quarter lengthwise.
- Cut off and discard the root ends of the **bok choy**; thinly slice crosswise, separating the stems and leaves.
- In a bowl, combine the **soy glaze, mirin, and ¼ cup of water**.



## 3 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat **half the sesame oil** on medium-high until hot.
- Add the **sliced peppers**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned.
- Add the **sliced bok choy stems**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.



### Step 3 continued:

- Add the **sliced bok choy leaves** and **vinegar** (carefully, as the liquid may splatter). Cook, stirring constantly, 30 seconds to 1 minute, or until combined and the leaves are wilted.
- Transfer to a bowl; cover with foil to keep warm.
- Rinse and wipe out the pan.

## 4 Cook the chicken & serve your dish

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In the same pan, heat the **remaining sesame oil** on medium-high until hot.
- Add the **seasoned chicken** in an even layer. Cook, without stirring, 2 to 3 minutes, or until browned.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the chicken, 2 to 3 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 vegetables** and **aromatic rice**. Garnish with the **togarashi**. 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 the **remaining sesame oil** on medium-high until hot.
- Add the **seasoned shrimp** in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly opaque.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 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 vegetables** and **aromatic rice**. Garnish with the **togarashi**. Enjoy!

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: [blog.blueapron.com/foodsafety](https://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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