

# Spicy Tahini-Lime Chicken

with Brown Rice, Vegetables & Sesame Seeds

2 SERVINGS

30-40 MINS

 **Blue Apron**  
blueapron.com



## Ingredients



10 oz Boneless Chicken Breast Pieces



½ cup Brown Rice



4 oz Sugar Snap Peas



6 oz Carrots



1 piece Ginger



1 Lime



2 Scallions



2 tsps Honey



2 Tbsps Tahini



1 Tbsp Sambal Oelek



1 Tbsp Soy Sauce



1 tsp Black & White Sesame Seeds



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)



5-14 PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 5-14 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

To learn more about the (NEW!) WW PersonalPoints™ program, visit [www.ww.com](https://www.ww.com). The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)

**Hey, Chef!** Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting PersonalPoints?** Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit [ww.com](http://ww.com).

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

### 1 Cook & finish the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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, 23 to 25 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Add the **soy sauce;** stir to combine. Cover to keep warm.



### 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots** and thinly slice on an angle.
- Pull off and discard the tough string that runs the length of each **snap pea** pod.
- Thinly slice the **scallions,** separating the white bottoms and hollow green tops.
- Peel the **ginger;** finely chop to get 2 teaspoons (you may have extra).
- Quarter the **lime.**
- In a bowl, combine the **honey** (kneading the packet before opening), **tahini, the juice of 2 lime wedges, 1 tablespoon of water,** and **as much of the sambal oelek as you'd like,** depending on how spicy you'd like the dish to be. Season with salt and pepper.



### 3 Cook & dress the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a medium pan (nonstick, if you have one), heat a drizzle 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 lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a bowl. Add the **tahini sauce;** stir to coat. Cover with foil to keep warm.



### 4 Cook the vegetables & serve your dish

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **prepared peas, sliced white bottoms of the scallions,** and **chopped ginger.** Season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened.
- Turn off the heat. Carefully stir in the **juice of the remaining lime wedges.** Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **cooked vegetables** and **dressed chicken.** Garnish with the **sesame seeds** and **sliced green tops of the scallions.** Enjoy!



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

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