

Soy & Butter-Glazed Chicken

with Sesame Vegetables & White Rice

4 SERVINGS

⌚ 25-35 MINS

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Ingredients

Customized ingredients

 22 oz Chicken Breast Strips 

SWAPPED FOR:

 18 oz Tail-On Shrimp¹ 

 ¼ cup Rice Flour

 ⅓ cup Soy Glaze

 1 cup Long Grain White Rice

 2 Bell Peppers

 1 Tbsp Sesame Oil

 ¼ tsp Crushed Red Pepper Flakes

 ½ lb Mushrooms

 2 oz Butter

 2 Tbsps Rice Vinegar

 1 Tbsp Togarashi Seasoning²

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1. peeled & deveined 2. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the glaze

- Wash and dry the fresh produce.
- Cut the **mushrooms** into bite-sized pieces.
- Cut off and discard the stems of the **peppers**. Quarter lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- 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 **2 cups 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.



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 **mushroom pieces** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **sliced peppers** 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, 2 to 3 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 **all but a pinch of the togarashi** and toss to coat.
- In the same pan, heat a thin layer of oil on medium-high.



Step 4 continued:

- Once the oil is hot enough that a pinch of flour sizzles immediately when added, 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 on all sides.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring occasionally and spooning the glaze over the chicken, 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.

CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails, if desired); place in a bowl and season with salt, pepper, and **all but a pinch of the togarashi** (you'll omit the **rice flour** for shrimp). Toss to coat.
- In the same pan, heat **1 teaspoon of olive 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 occasionally and spooning the glaze over the shrimp, 1 to 2 minutes, or until the shrimp are coated and cooked through.
- Turn off the heat. Stir in the **butter** until melted and combined.

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 **remaining togarashi**. Enjoy!



CUSTOMIZED STEP 5 If you chose Shrimp

- Finish the rice and serve your dish as directed with the **glazed shrimp** (instead of chicken).

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Food safety handling information: 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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