

Curried Chicken, Poblano & Figs

with Mustard Seed Rice


4 SERVINGS

15-25 MINS

 **Blue Apron**
blueapron.com




 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.*

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

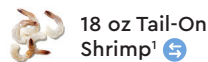
Ingredients


Customized ingredients

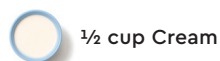


18 oz Chopped Chicken Breast 

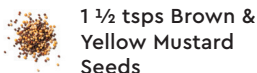
SWAPPED FOR:



18 oz Tail-On Shrimp¹ 



½ cup Cream



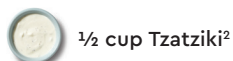
1 ½ tsps Brown & Yellow Mustard Seeds



1 cup Long Grain White Rice



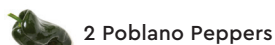
4 Dried Turkish Figs



½ cup Tzatziki²



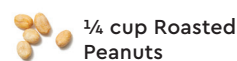
2 tsps Vadouvan Curry Powder



2 Poblano Peppers



⅓ cup Asian-Style Sautéed Aromatics



¼ cup Roasted Peanuts



¼ tsp Crushed Red Pepper Flakes

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

1. peeled & deveined 2. cucumber-yogurt sauce
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- In a medium pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mustard seeds, rice, and a big pinch of salt**. Cook, stirring frequently, 1 to 2 minutes, or until lightly toasted (be careful, as the mustard seeds may pop as they toast).
- Add **2 cups of water** (carefully, as the liquid may splatter). Stir to combine. 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. Cover to keep warm.



2 Prepare the ingredients & rehydrate the figs

- Meanwhile, roughly chop the **figs**. Place in a medium bowl; add **½ cup of hot water**. Set aside to rehydrate at least 10 minutes.
- Roughly chop the **peanuts**.
- Wash and dry the **peppers**; cut off and discard the stems. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands immediately after handling.



3 Start the chicken & peppers

- Meanwhile, pat the **chicken** dry with paper towels. Place in a large bowl.
- Add the **sliced peppers**; season with salt, pepper, and enough of the **curry powder** to coat. Toss to coat.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned chicken and peppers** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.



↺ CUSTOMIZED STEP 3 If you chose Shrimp

- Meanwhile, pat the **shrimp** dry with paper towels (remove the tails, if desired). Place in a large bowl.
- Add the **sliced peppers**; season with salt, pepper, and enough of the **curry powder** to coat. Toss to coat.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned shrimp and peppers** in an even layer. Cook, without stirring, 1 to 2 minutes, or until the shrimp are slightly opaque.

4 Finish & serve your dish

- Including the liquid, add the **rehydrated figs** (carefully, as the liquid may splatter), **sautéed aromatics**, 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 frequently, 3 to 4 minutes, or until the chicken is browned and cooked through.
- Turn off the heat. Stir in the **cream** until combined. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **finished chicken and peppers, tzatziki, and chopped peanuts**. Enjoy!



↺ CUSTOMIZED STEP 4 If you chose Shrimp

- Including the liquid, add the **rehydrated figs** (carefully, as the liquid may splatter), **sautéed aromatics**, 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 frequently, 2 to 3 minutes, or until the shrimp are opaque and cooked through.
- Turn off the heat. Stir in the **cream** until combined. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **finished shrimp and peppers, tzatziki, and chopped peanuts**. Enjoy!

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

Blue Apron, LLC, New York, NY 10005

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