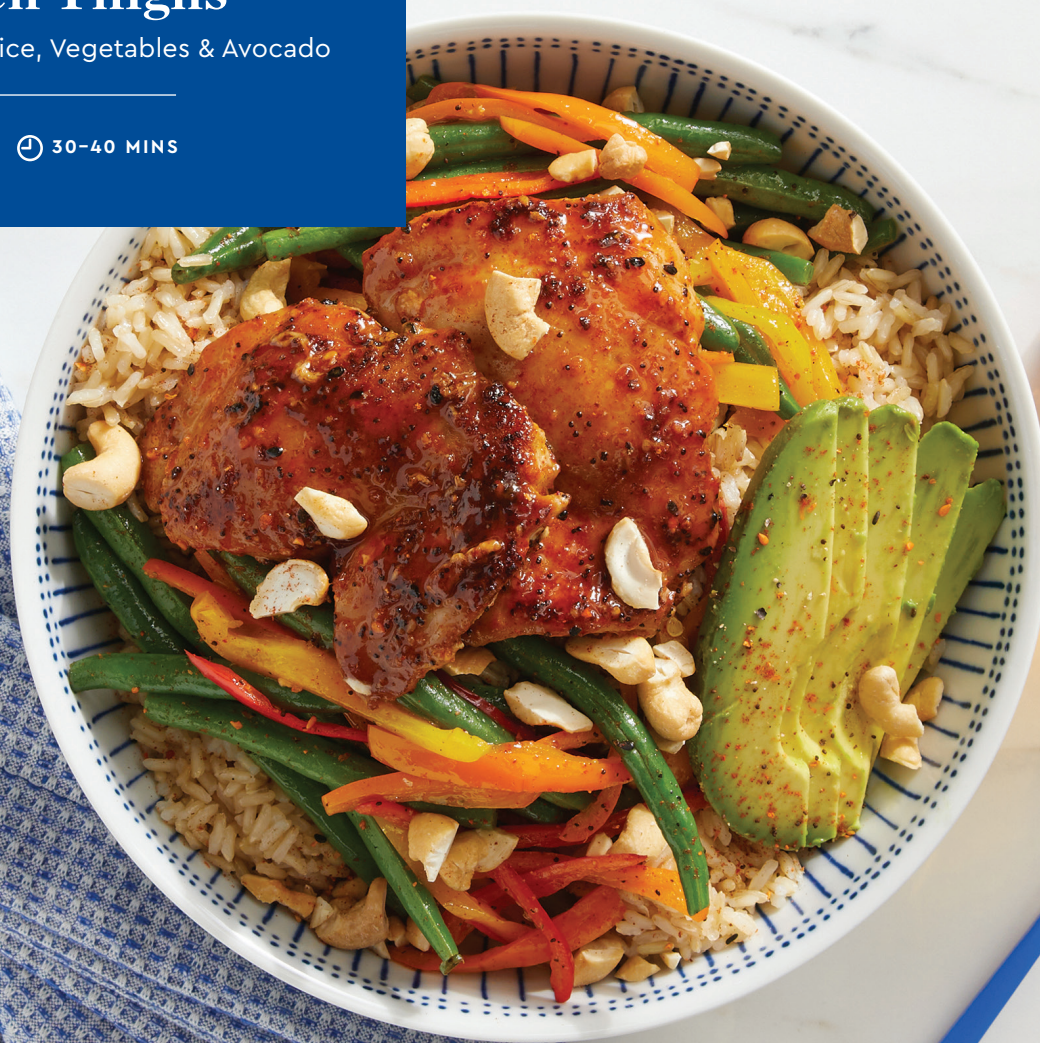


Yuzu & Honey-Glazed Chicken Thighs

with Brown Rice, Vegetables & Avocado

2 SERVINGS | 30-40 MINS



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


Ingredients

Customized ingredients

 12 oz Boneless, Skinless Chicken Thighs 

SWAPPED FOR:

 2 Boneless, Skinless Chicken Breasts 


 1 Tbsp Yuzu Kosho

 1 Tbsp Rice Vinegar

 1/2 cup Brown Rice

 4 oz Sweet Peppers

 2 tsps Honey


 3 Tbsps Roasted Cashews

 1 Avocado

 6 oz Green Beans

 1 Tbsp Mirin¹

 1 Tbsp Togarashi Seasoning²

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

Cook along on the app



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¹ salted cooking wine 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 Cook 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; fluff with a fork. Add the **mirin**; stir to combine.



2 Prepare the ingredients & make the glaze

- Wash and dry the fresh produce.
- Cut off and discard any stem ends from the **green beans**.
- Cut off and discard the stems of the **peppers**; remove the cores, then thinly slice lengthwise.
- Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then thinly slice. Place in a bowl and top with **half the vinegar**. Season with salt and pepper.
- Roughly chop the **cashews**.
- In a bowl, combine the **honey** (kneading the packet before opening), **yuzu kosho**, **remaining vinegar**, and **¼ cup of water**.



3 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **green beans** and **sliced peppers**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the vegetables are softened and the water has cooked off.
- Transfer to a bowl and cover with foil to keep warm.



4 Cook the chicken & serve your dish

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and **half the togarashi**.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned chicken**. Cook 5 to 7 minutes, or until browned.
- Flip and cook 3 minutes. Add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the chicken, 2 to 4 minutes, or until the chicken is coated and cooked through.* Turn off the heat.
- Serve the **cooked rice** topped with the **cooked vegetables**, **cooked chicken** (including any glaze from the pan), and **sliced avocado**. Garnish with the **chopped cashews** and **remaining togarashi**. Enjoy!



↺ CUSTOMIZED STEP 4 If you chose Chicken Breasts

- Cook the chicken and serve your dish as directed.

*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

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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