

Soy & Butter- Glazed Chicken

with Sesame Vegetables & White Rice

2 OR 4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**

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Ingredients



10 oz Chicken Breast Strips or 20 oz for 4 servings



10 oz Baby Bok Choy or 1 ¼ lbs for 4 servings



3 Tbsps Soy Glaze or ⅓ cup for 4 servings



1 tsp Black & White Sesame Seeds



½ cup Long Grain White Rice or 1 cup for 4 servings



¼ cup Rice Flour



1 Tbsp Sesame Oil



¼ tsp Crushed Red Pepper Flakes



4 oz Mushrooms or ½ lb for 4 servings



1 oz Salted Butter



1 Tbsp Rice Vinegar



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

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COOK ALONG WITH



"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 root ends of the **bok choy**; thinly slice.
- In a bowl, combine the **soy glaze** and **vinegar**.



2 Cook the rice

- Carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water** or **2 cups of water** *if you're cooking 4 servings*. 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 medium pan or a large pan *if you're cooking 4 servings* (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.



Step 3 continued:

- Add the **sliced bok choy** 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 the vegetables are 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 toss to coat.
- In the same pan, heat a thin layer of oil on medium-high.
- 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.
- 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.



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 **sesame seeds**. 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.

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