

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

Ingredients

Customized ingredients



22 oz Chicken Breast Strips 🔄

SWAPPED FOR:



16 oz Plant-Based Ground Beyond Beef™ 🔄



1/4 cup Rice Flour



1 Tbsp Sesame Oil



1 cup Long Grain White Rice



¾ lb Green Beans



¹⁄₃ cup Savory Black Bean-Chile Sauce



1 Tbsp Rice Vinegar



2 Bell Peppers



¹⁄₃ cup Asian-Style Sautéed Aromatics



3 Tbsps Soy Glaze



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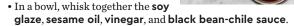




"Alexa, find Blue Apron recipes."

Prepare the ingredients & make the sauce

- Wash and dry the fresh produce.
- · Cut off and discard the stem ends of the peppers. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- · Cut off and discard any stem ends from the green beans; halve crosswise.





- Carefully rinse the rice (sifting through for any impurities). Drain thoroughly.
- 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. Cover to keep warm.



- Meanwhile, in a large pan (nonstick, if you have one), heat the sautéed aromatics on medium-high until hot.
- Add the sliced peppers; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.



- Add the halved green beans; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the vegetables are lightly browned and softened.
- · Transfer to a bowl.
- · Wipe out the pan.

Coat & brown the chicken

- Pat the chicken dry with paper towels. Place in a bowl; season with salt and pepper. Add the **flour** and toss to thoroughly 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.

CUSTOMIZED STEP 4 If you chose Beyond Beef™

- In the same pan, heat a drizzle of olive oil on medium-high until hot.
- Add the **Beyond Beef[™]** (you'll omit the **flour** for Beyond Beef[™]). Cook, stirring frequently and breaking apart with a spoon, 5 to 7 minutes, or until browned and cooked through.

5 Finish & serve your dish

- To the pan, add the cooked vegetables and sauce (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until coated and the chicken is cooked through.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the finished chicken and vegetables over the cooked rice. Enjoy!

CUSTOMIZED STEP 5 If you chose Beyond Beef™

- To the pan, add the **cooked vegetables** and **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until coated and combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the finished Beyond BeefTM and vegetables over the cooked rice. Enjoy!