

# Spicy Chicken Stir-Fry

with Bell Peppers & Green Beans

4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**  
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at [blueapron.com](https://blueapron.com) for ingredients (denoted with an ) 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



3/4 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



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)

## 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.

\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

## 1 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.
- In a bowl, whisk together the **soy glaze**, **sesame oil**, **vinegar**, and **black bean-chile sauce**.



## 2 Cook the rice

- 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.



## 3 Cook the vegetables

- 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.



## 4 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 Beef™ and vegetables** over the **cooked rice**. Enjoy!