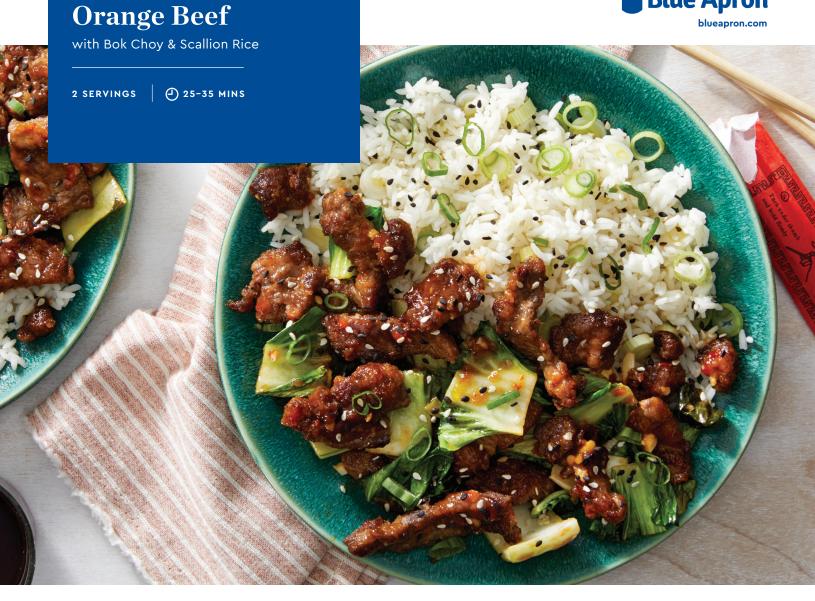


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F YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an 😝 icon) and instructions tailored to you.*

Ingredients

Customized ingredients



10 oz Thinly Sliced

SWAPPED FOR:



10 oz Boneless Chicken Breast Pieces 🔄







½ cup Long Grain White Rice



10 oz Baby Bok Choy



1 Tbsp Sambal Oelek



1 tsp Black & White Sesame Seeds



1 Navel Orange



2 cloves Garlic



2 Tbsps Soy Glaze



Cook along on the app

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"Alexa, find Blue Apron recipes."

Prepare the ingredients

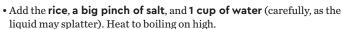
- Wash and dry the fresh produce.
- Thinly slice the scallions. separating the white bottoms and hollow green tops.
- Halve the orange; squeeze the juice into a medium bowl.
- Peel and finely chop 2 cloves of garlic.
- Cut off and discard the root ends of the bok choy; roughly chop.



2 Make the scallion rice

- · Carefully rinse the rice (sifting through for any impurities). Drain thoroughly.
- In a small pot, heat a drizzle of olive oil on medium-high
- Add the sliced white bottoms of the scallions; season with salt and pepper. Cook, stirring

frequently, 1 to 2 minutes, or until slightly softened.



- 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 Make the sauce

· Meanwhile, to the bowl of orange juice, add the chopped garlic, vinegar, soy glaze, and as much of the sambal oelek as you'd like, depending on how spicy you'd like the dish to be. Stir to combine.



4 Start the beef

- Separate the beef; pat dry with paper towels. Season with salt and pepper.
- In a large pan, heat a drizzle of olive oil on medium-high until hot.
- · Add the seasoned beef in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly

browned. Continue to cook, stirring frequently, 1 to 2 minutes, or until browned and just cooked through.



CUSTOMIZED STEP 4 If you chose Chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a large pan, heat a drizzle of olive oil on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.

5 Finish the beef & serve your dish

- Add the chopped bok choy to the pan of cooked beef; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the leaves are slightly wilted.
- Add the sauce (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the bok choy leaves are wilted. Turn off the heat.
- Serve the finished beef and bok choy over the scallion rice. Garnish with the sliced green tops of the scallions and sesame seeds. Enjoy!

CUSTOMIZED STEP 5 If you chose Chicken

- Follow the directions in Step 5, using the pan of cooked chicken (instead of beef).





