

Blue Apron

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Ingredients



10 oz Boneless Chicken Breast Pieces or 20 oz for 4 servings



2 Dried Turkish Figs or 4 for 4 servings



1/4 cup Cream or 1/2 cup for 4 servings



¼ tsp Crushed Red Pepper Flakes



1/2 cup Long Grain White Rice or 1 cup for 4 servings



3 Tbsps Asian-Style Sautéed Aromatics or ½ cup for 4 servings



1 ½ tsps Brown & Yellow Mustard Seeds



2 tsps Vadouvan Curry Powder



1 Poblano Pepper or 2 for 4 servings



½ cup Tzatziki¹



3 Tbsps Roasted Peanuts or ½ cup for 4 servings



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

Cook along on the app

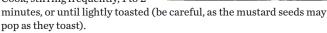
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"Alexa, find Blue Apron recipes."

Make the mustard seed rice

- Carefully rinse the rice (sifting through for any impurities). Drain thoroughly.
- In a medium pot, heat a drizzle of olive oil on medium-high until hot.
- Add the mustard seeds, rice, and a big pinch of salt. Cook, stirring frequently, 1 to 2



- Add 1 cup of water or 2 cups of water if you're cooking 4 servings (carefully, as the liquid may splatter). Stir to combine. 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.

2 Prepare the ingredients & rehydrate the figs

- Meanwhile, roughly chop the figs. Place in a medium bowl; cover with 1/2 cup of hot water. Set aside to rehydrate at least 10 minutes.
- Roughly chop the peanuts.
- Wash and dry the pepper; cut off and discard the stem. Halve lengthwise: remove the ribs and

seeds, then thinly slice crosswise. Thoroughly wash your hands immediately after handling.



3 Brown the chicken & pepper

- Pat the **chicken** dry with paper towels. Place in a medium bowl: add the sliced pepper and curry powder. Season with salt and pepper. Toss to coat.
- In a medium pan or a large pan if you're cooking 4 servings (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.



• Add the seasoned chicken and pepper in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.

Finish & serve your dish

• Carefully add the rehydrated figs (including the liquid), sautéed aromatics, 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 frequently, 3 to 4 minutes, or until the liquid is slightly reduced in volume and the chicken is cooked through.



- Turn off the heat. Stir in the cream until combined. Taste, then season with salt and pepper if desired.
- Serve the mustard seed rice topped with the finished chicken and pepper, tzatziki, and chopped peanuts. Enjoy!

