

Sambal & Soy-Glazed Chicken

with Vegetables &
Brown Butter-Scallion Rice

4 SERVINGS


⌚ 40-50 MINS

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Ingredients

 4 Boneless, Skinless Chicken Breasts

 3/4 lb Asparagus

 2 Tbsps Soy Sauce

 1 Tbsp Sesame Oil

 1 tsp Black & White Sesame Seeds


 1 cup Long Grain White Rice

 2 Scallions


 1 Tbsp Sambal Oelek

 2 Tbsps Rice Vinegar

 3/4 lb Carrots

 2 oz Salted Butter

 3 Tbsps Soy Glaze

 4 tsps Honey



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"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the glaze

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Snap off and discard the tough, woody stem ends of the **asparagus**.
- Peel the **carrots**; quarter lengthwise.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, whisk together the **honey** (kneading the packet before opening), **soy glaze**, **vinegar**, $\frac{1}{4}$ cup of **water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



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 Roast the vegetables

- Meanwhile, place the **prepared asparagus** and **quartered carrots** on a sheet pan.
- Drizzle with the **sesame oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



4 Cook & glaze the chicken

- Meanwhile, pat the **chicken** dry with paper towels. Season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned chicken**. Cook 6 to 7 minutes, or until browned.
- Flip and cook 5 minutes. Add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the chicken, 1 to 2 minutes, or until the chicken is coated and cooked through.*
- Transfer to four plates (including any glaze from the pan).
- Rinse and wipe out the pan.



5 Finish the rice & serve your dish

- In the same pan, heat the **butter** and **sliced white bottoms of the scallions** on medium-high until the butter is melted.
- Once melted, cook, stirring constantly, 2 to 3 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted).
- Turn off the heat and carefully stir in the **soy sauce**.
- Transfer to the pot of **cooked rice**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **glazed chicken** with the **roasted vegetables** and **finished rice**. Garnish with the **sesame seeds** and **sliced green tops of the scallions**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

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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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