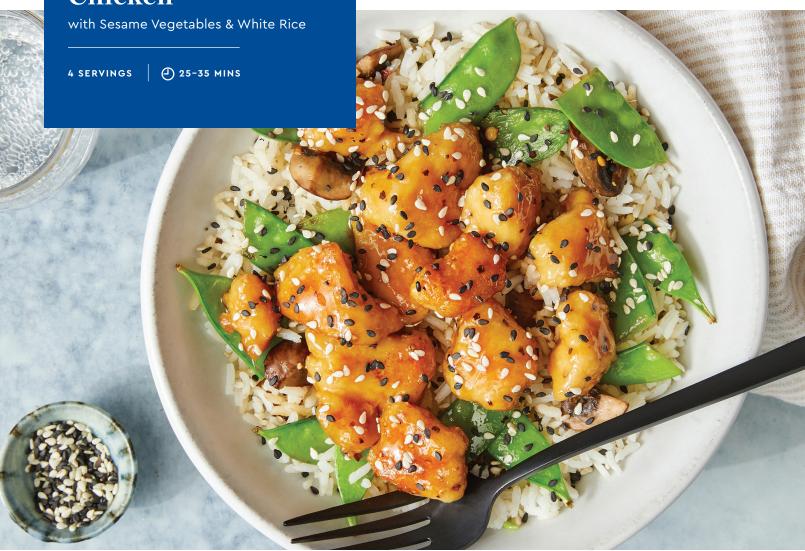
# Soy & Butter-Glazed Chicken





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

#### **Ingredients**

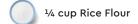
**Customized ingredients** 



SWAPPED FOR:









1 cup Long Grain White Rice



½ lb Mushrooms



1 Tbsp Sesame Oil



1 tsp Black & White Sesame Seeds



½ lb Snow Peas



1 oz Salted Butter



2 Tbsps Rice Vinegar



1/4 tsp Crushed Red Pepper Flakes



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."

#### Prepare the ingredients & make the glaze

- Wash and dry the fresh produce.
- Roughly chop the mushrooms.
- Halve the **snow peas** crosswise (removing the tough strings, if desired).
- In a bowl, combine the soy glaze and vinegar.



#### 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 1 cup 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.



# 3 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat the sesame oil on medium-high until hot.
- Add the chopped mushrooms in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the halved peas 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 occasionally, 2 to 3 minutes, or until softened.
- · Transfer to a bowl and cover with foil to keep warm.
- · Wipe out the pan.





# 4 Coat, cook & glaze the chicken

- Pat the chicken dry with paper towels; place in a bowl and season with salt and pepper. Add the flour and toss to 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, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 2 to 3 minutes, or until browned on all sides.

- Add the glaze (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the chicken is coated and cooked through.
- Turn off the heat. Stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.

# **CUSTOMIZED STEP 4** If you chose Salmon

- Pat the fish dry with paper towels; season with salt and pepper on both sides (you'll omit the flour for salmon).
- In the same pan, heat a drizzle of olive oil on medium-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.\*
- Leaving any browned bits (or fond) in the pan, transfer to two serving dishes.
- Add the **glaze** (carefully, as the liquid may splatter) to the pan of reserved fond. Cook, stirring occasionally and scraping up any fond, 1 to 2 minutes, or until slightly thickened.
- Turn off the heat. Stir in the butter until melted and combined. Taste, then season with salt and pepper if desired.

# 5 Finish the rice & serve your dish

- Add the cooked vegetables to the pot of **cooked rice**. Stir to combine.
- · Taste, then season with salt and pepper if desired.
- Serve the glazed chicken (including any glaze from the pan) over the finished rice. Garnish with the sesame seeds. Enjoy!





#### **CUSTOMIZED STEP 5** If you chose Salmon

- Finish the rice as directed in Step 5.
- Serve the **cooked fish** over the **finished rice**. Top the fish with the finished glaze. Garnish with the sesame seeds. Enjoy!

\*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

