

Soy & Butter-Glazed Chicken

with Sesame Vegetables & White Rice

4 SERVINGS

⌚ 25-35 MINS

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

Ingredients

Customized ingredients



18 oz Boneless Chicken Breast Pieces 

SWAPPED FOR:



4 Skin-On Salmon Fillets 



1/3 cup Soy Glaze



1/4 cup Rice Flour



1 cup Long Grain White Rice



1/2 lb Mushrooms



1 Tbsp Sesame Oil



1 tsp Black & White Sesame Seeds



1/2 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

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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 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.
- Turn off the heat and fluff with a fork.



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.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

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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