

FYOU 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



18 oz Boneless Chicken Breast Pieces 🔄

SWAPPED FOR:



18 oz Thinly Sliced Beef 🔄



3 Tbsps Soy Glaze



1 Tbsp Rice Vinegar



1 cup Long Grain White Rice



¾ lb Green Beans



¹/₃ cup Savory Black Bean-Chile Sauce



¼ cup Rice Flour



3/4 lb Carrots



1/3 cup Asian-Style Sautéed Aromatics



1 Tbsp Sesame Oil



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

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"Alexa, find Blue Apron recipes."

Prepare the ingredients & make the sauce

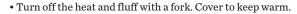
- Wash and dry the fresh produce.
- Peel the carrots; thinly slice on an angle.
- · Cut off and discard any stem ends from the green beans; halve crosswise.
- In a bowl, whisk together the soy glaze, sesame oil, vinegar, and black bean-chile sauce.



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.



3 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat the sautéed aromatics on medium-high until hot.
- Add the sliced carrots; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.



- Add the halved green beans; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the vegetables are lightly browned and softened.
- · Transfer to a bowl.
- · Wipe out the pan.

Coat & brown the chicken

- Pat the chicken dry with paper towels. Place in a bowl; season with salt and pepper. Add the **flour** and toss to thoroughly 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.

CUSTOMIZED STEP 4 If you chose Beef

- Separate the **beef**; pat dry with paper towels. Place in a bowl; season with salt and pepper. Add the **flour** and toss to thoroughly 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 beef in an even layer (discarding any excess flour). Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring frequently, 1 to 2 minutes, or until browned.

5 Finish & serve your dish

- To the pan, add the cooked vegetables and sauce (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until coated and the chicken is cooked through.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the finished chicken and vegetables over the cooked rice. Enjoy!

CUSTOMIZED STEP 5 If you chose Beef

- To the pan, add the **cooked vegetables** and **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until coated and the beef is just cooked through.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the finished beef and vegetables over the cooked rice. Enjoy!



