

Stir-Fried Chicken & Vegetables

with Rice & Soy-Chile Sauce

4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
blueapron.com




 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:



18 oz Thinly Sliced Beef 



3 Tbsps Soy Glaze



1 Tbsp Rice Vinegar



1 cup Long Grain White Rice



3/4 lb Green Beans



1/3 cup Savory Black Bean-Chile Sauce



1/4 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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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 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.
- Turn off the heat and fluff with a fork. Cover to keep warm.



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.



4 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!