

# Yuzu Chicken & Brown Rice

with Carrots & Bok Choy

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com



## Ingredients



22 oz Chicken Breast Strips



15 oz Baby Bok Choy



2 Tbsps Yuzu Kosho



3 Tbsps Roasted Peanuts



1 1/8 cups Brown Rice



2 Scallions



2 Tbsps Sesame Oil



1 tsp Black & White Sesame Seeds



3/4 lb Carrots



2 Tbsps Vegetarian Ponzu Sauce



2 Tbsps Maple Syrup



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



4 - 13

**PersonalPoints™**  
range per serving

Now your Points value is personalized to YOU! It could be between 4-13 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

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COOK ALONG WITH



"Alexa, find Blue Apron recipes."

### 1 Cook & finish the rice

- 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, 23 to 25 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Stir in the **sesame oil**. Cover to keep warm.



### 2 Prepare the ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; thinly slice on an angle.
- Cut off and discard the root ends of the **bok choy**; roughly chop, separating the stems and leaves.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a large bowl, combine the **maple syrup** and **as much of the yuzu kosho as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper; whisk to combine.



### 3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** and **chopped bok choy stems** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the **sliced white bottoms of the scallions** and **chopped bok choy leaves**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **ponzu sauce**. Cook, stirring frequently, 30 seconds to 1 minute, or until combined.
- Transfer to a bowl.
- Wipe out the pan.



### 4 Cook the chicken & serve your dish

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned chicken** in an even layer. Cook 2 to 3 minutes, without stirring, or until lightly browned. Continue to cook, stirring occasionally, 2 to 3 minutes, or until browned and cooked through.
- Transfer to the bowl of **glaze**; toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **cooked vegetables** and **glazed chicken**. Garnish with the **peanuts, sesame seeds**, and **sliced green tops of the scallions**. Enjoy!

