

Ingredients



2 Boneless, Skinless Chicken Breasts



6 oz Green Beans



2 Tbsps Crème Fraîche



²/₃ cup All-Purpose Flour



½ cup Long Grain White Rice



2 cloves Garlic



1 Tbsp Hot Sauce



1 Tbsp Cajun Spice Blend¹



1 Poblano Pepper



¹⁄₃ cup Mirepoix



2 tsps Honey



1 Tbsp Smoky Spice Blend²



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

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^{1.} Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper

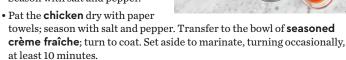
^{2.} Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder



"Alexa, find Blue Apron recipes."

Prepare the ingredients & marinate the chicken

- Remove the **honey** from the refrigerator to bring to room temperature.
- · Wash and dry the fresh produce.
- In a large bowl, combine the crème fraîche and 2 tablespoons of water. Season with salt and pepper.



- Cut off and discard any stem ends from the green beans.
- Peel and roughly chop 2 cloves of garlic.
- Cut off and discard the stem of the pepper. Halve lengthwise; remove the ribs and seeds, then small dice. Thoroughly wash your hands immediately after handling.
- In a bowl, whisk together the **honey** (kneading the packet before opening) and as much of the hot sauce as you'd like, depending on how spicy you'd like the dish to be.

2 Make the dirty rice

- Carefully rinse the rice (sifting through for any impurities). Drain thoroughly.
- In a small pot, heat a drizzle of olive oil on medium-high until hot.
- Add the diced pepper and half the Cajun spice blend (you will have extra); season with salt

and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.

- Add the rice, mirepoix, and a big pinch of salt. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Add 3/4 cup of water (carefully, as the liquid may splatter). Stir to combine. 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. Taste, then season with salt and pepper if desired. Cover to keep warm.

Cook the green beans

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the green beans; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- · Add the chopped garlic and 2 tablespoons of water (carefully, as the liquid may splatter). Cook, stirring frequently, 2 to 3 minutes, or until softened and the water has cooked off.
- Transfer to a bowl and cover with foil to keep warm.
- · Wipe out the pan.

4 Coat the chicken

- · In a large bowl, combine the flour and half the smoky spice **blend** (you will have extra); season with salt and pepper.
- Add the marinated chicken (including the liquid) to the bowl of seasoned flour; turn to thoroughly coat.



5 Cook the chicken & serve your dish

- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a drop of the coating sizzles immediately when added, add the coated chicken (letting any excess coating drip off). Cook 6 to 7 minutes per side, or until golden brown and cooked through.*
- Turn off the heat.
- Serve the cooked chicken with the dirty rice and cooked green beans. Drizzle the chicken with the hot honey. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 165°F for chicken



