

Hot Honey Crispy Chicken

with Dirty Rice & Garlicky Green Beans

2 SERVINGS


⌚ 40-50 MINS

 **Blue Apron**
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Ingredients

 2 Boneless, Skinless Chicken Breasts

 6 oz Green Beans


 2 Tbsps Crème Fraîche

 2/3 cup All-Purpose Flour

 1/2 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
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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."

1 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.
- Pat the **chicken** dry with paper towels; season with salt and pepper. Transfer to the bowl of **seasoned crème fraîche**; turn to coat. Set aside to marinate, turning occasionally, at least 10 minutes.
- 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 **¾ 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.



3 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.

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.

Blue Apron, LLC, New York, NY 10005

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