

Seared Chicken & Spicy Nectarine Pan Sauce

with Ponzu Broccoli & Sesame Rice

2 SERVINGS | 30-40 MINS

 **Blue Apron**
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Ingredients*

 2 Boneless, Skinless Chicken Breasts

 1 Nectarine


 1 Tbsp Sambal Oelek

 1 Tbsp Weeknight Hero Spice Blend¹

 ½ cup Long Grain White Rice


 2 Tbsps Crème Fraîche

 1 Tbsp Sesame Oil

 ½ lb Broccoli

 1 Tbsp Vegetarian Ponzu Sauce

 1 Tbsp Light Brown Sugar

 Serve with Blue Apron wine that has this symbol
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¹ Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & start the sauce

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets.
- Halve, pit, and medium dice the **nectarine**.
- In a bowl, combine the **sugar**, **2 tablespoons of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the sauce to be. Season with salt and pepper.



2 Cook & finish the rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a small pot, combine the **rice**, **a big pinch of salt**, and **1 cup 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. Stir in the **sesame oil**.



3 Roast & finish the broccoli

- Meanwhile, line a sheet pan with foil.
- Place the **broccoli florets** on the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven. Evenly top with the **ponzu sauce**; carefully stir to coat.



4 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board.



5 Finish the sauce & serve your dish

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced nectarine**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until lightly browned.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until slightly thickened.
- Turn off the heat. Stir in the **crème fraîche** until combined. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **finished rice** and **finished broccoli**. Top the chicken with the **finished sauce**. 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.

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