

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



1/2 lb Broccoli



1 Tbsp Vegetarian Ponzu Sauce



1 Tbsp Light Brown



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

Cook along on the app

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^{1.} Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

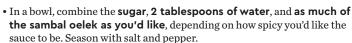
^{*}Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

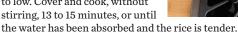
Prepare the ingredients & start the sauce

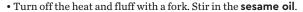
- Place an oven rack in the center of the oven; preheat to 450°F.
- · Wash and dry and the fresh
- · Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets.
- · Halve, pit, and medium dice the nectarine.



Cook & finish the rice

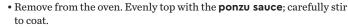
- Carefully rinse the rice (sifting through for any impurities). Drain thoroughly.
- In a small pot, combine the rice, a big pinch of salt, and 1 cup of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without





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.





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.





Produced in a facility that processes crustacean shellfish,