

Soy & Butter-Glazed Chicken

with Sesame Vegetables & Sushi Rice

4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients*



18 oz Boneless Chicken Breast Pieces



3/4 lb Green Beans



1 Tbsp Sesame Oil



1 tsp Black & White Sesame Seeds



1 cup Sushi Rice



1 oz Salted Butter



1 Tbsp Rice Vinegar



3/4 tsp Crushed Red Pepper Flakes



3/4 lb Carrots



1/3 cup Soy Glaze



1/4 cup Rice Flour



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

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the glaze

- Wash and dry the fresh produce.
- Peel the **carrots** and thinly slice on an angle.
- Cut off and discard any stem ends from the **green beans**; cut into 2-inch pieces.
- In a bowl, combine the **soy glaze** and **vinegar**.



2 Cook the rice

- In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 ¾ cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



3 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.



Step 3 continued:

- Add the **green bean pieces** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.

4 Coat, cook & glaze the chicken

- Pat the **chicken** dry with paper towels; place in a bowl and season with salt and pepper. Add the **flour** and toss to coat.
- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **coated chicken** in an even layer (discarding any excess flour). Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 2 to 3 minutes, or until browned on all sides.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the chicken is coated and cooked through.
- Turn off the heat. Stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.



5 Finish the rice & serve your dish

- Add the **cooked vegetables** to the pot of **cooked rice**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **glazed chicken** (including any glaze from the pan) over the **finished rice**. Garnish with the **sesame seeds**. Enjoy!

