



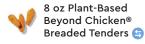


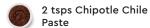
Ingredients*

Customized ingredients



SWAPPED FOR:









½ cup Long Grain White Rice



1 Yellow Onion



¼ cup Cilantro



1/4 cup Cornstarch



1 Poblano Pepper



2 Tbsps Grated Cotija Cheese



2 Tbsps Mayonnaise



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

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"Alexa, find Blue Apron recipes."

Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- Carefully rinse the rice (sifting through for any impurities). Drain thoroughly.
- In a medium 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. Cover to keep warm.



CUSTOMIZED STEP 1 If you chose Beyond Chicken®

- Place an oven rack in the center of the oven; preheat to 450°F.
- Cook the rice as directed in Step 1.

2 Prepare the ingredients & make the sauce

- · Meanwhile, wash and dry the fresh produce.
- · Halve, peel, and thinly slice the onion.
- · Cut off and discard the stem of the pepper. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands immediately after handling.



- Combine the sliced onion and sliced pepper in a bowl.
- In a large bowl, whisk together the mayonnaise, honey (kneading the packet before opening), 1 teaspoon of warm water, and as much of the chile paste as you'd like, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.

Coat, cook & dress the chicken

- Pat the chicken dry with paper towels; place in a bowl. Season with salt and pepper. Add the cornstarch and toss to coat.
- In a medium pan (nonstick, if you have one), heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of cornstarch sizzles
- immediately when added, add the coated chicken in an even layer (discarding any excess cornstarch). Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Continue to cook, stirring frequently, 2 to 3 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to the bowl of sauce: stir to coat.



CUSTOMIZED STEP 3 If you chose Beyond Chicken®

- Line a sheet pan with foil.
- Place the tenders on the foil (you'll omit the cornstarch for Beyond Chicken®).
- Bake in the oven 7 to 9 minutes, flipping halfway through, or until lightly browned and cooked through.*
- Transfer to the bowl of sauce; stir to coat.

4 Cook the vegetables & serve your dish

- In the pan of reserved fond, heat a drizzle of olive oil on medium-high until hot.
- Add the sliced onion and pepper; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until lightly browned and softened.



- Add 2 tablespoons of water (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the water has cooked off. Turn off the heat.
- Transfer to the pot of cooked rice; add the cilantro sauce and stir to combine. Taste, then season with salt and pepper if desired.
- Serve the dressed chicken over the finished rice and vegetables. Garnish with the cheese. Enjoy!

CUSTOMIZED STEP 4 If you chose Beyond Chicken®

- In a medium pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the **sliced onion and pepper**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until lightly browned and softened.
- Add 2 tablespoons of water (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the water has cooked off. Turn off the heat.
- Transfer to the pot of cooked rice; add the cilantro sauce and stir to combine. Taste, then season with salt and pepper if desired.
- Serve the dressed tenders over the finished rice and vegetables. Garnish with the cheese. Enjoy!

*An instant-read thermometer should register 145°F for Beyond Chicken®



