

Stir-Fried Chicken & Vegetables

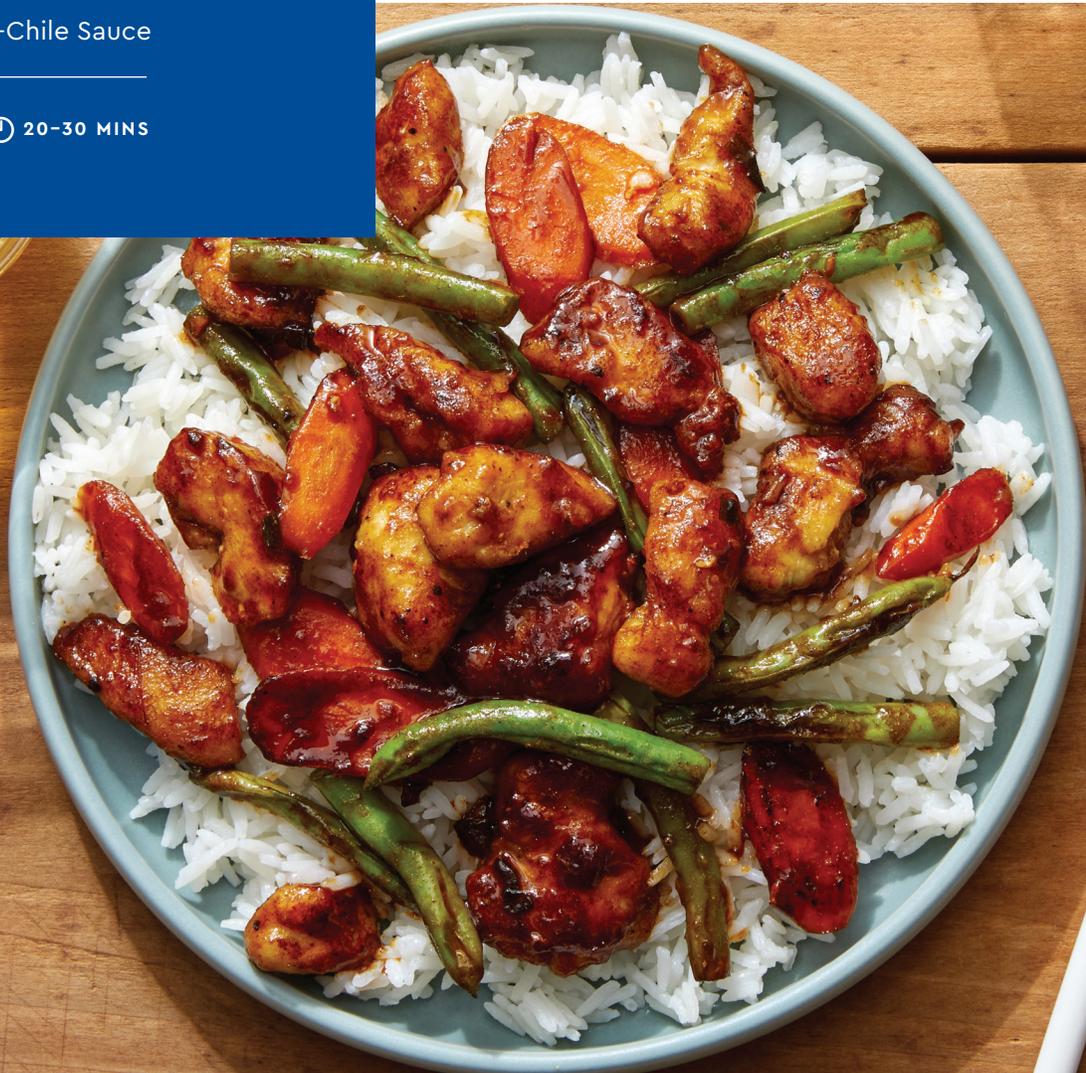
with Rice & Soy-Chile Sauce

4 SERVINGS

20-30 MINS

 Blue Apron

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Ingredients*

Customized ingredients



18 oz Boneless Chicken Breast Pieces



SWAPPED FOR:



16 oz Plant-Based Beyond Chicken® Breaded Tenders



3 Tbsps Soy Glaze



1 Tbsp Rice Vinegar



1 cup Long Grain White Rice



¾ lb Green Beans



⅓ cup Savory Black Bean-Chile Sauce



¼ cup Rice Flour



¾ lb Carrots



⅓ cup East Asian-Style Sautéed Aromatics



1 Tbsp Sesame Oil



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

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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the sauce

- Wash and dry the fresh produce.
- Peel the **carrots**; thinly slice on an angle.
- Cut off and discard any stem ends from the **green beans**; halve crosswise.
- In a bowl, whisk together the **soy glaze, sesame oil, vinegar, and black bean-chile sauce**. Taste, then season with salt and pepper if desired.



↻ CUSTOMIZED STEP 1 If you chose Beyond Chicken®

- Place an oven rack in the center of the oven; preheat to 450°F.
- Prepare the ingredients and make the sauce as directed in Step 1.

2 Cook the rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the **rice, a big pinch of salt, and 2 cups 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.



3 Coat & cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels. Place in a bowl; season with salt and pepper. Add the **flour** and toss to thoroughly coat.
- In a large 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 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, 3 to 4 minutes, or until browned and cooked through.
- Transfer to a bowl.
- Wipe out the pan.



↻ CUSTOMIZED STEP 3 If you chose Beyond Chicken®

- Meanwhile, line a sheet pan with foil.
- Place the **tenders** on the foil (you'll omit the **flour** for Beyond Chicken®).
- Bake 7 to 9 minutes, flipping halfway through, or until lightly browned and cooked through.*
- Remove from the oven. Immediately season with salt.

4 Cook the vegetables

- In the same pan, heat the **sautéed aromatics** on medium-high until hot (be careful, as the liquid may splatter).
- Add the **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **halved green beans**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the vegetables are lightly browned and softened.



↻ CUSTOMIZED STEP 4 If you chose Beyond Chicken®

- Cook the vegetables as directed, using a large pan (nonstick, if you have one).

5 Finish & serve your dish

- To the pan, add the **cooked chicken and sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until coated and combined.
- Turn off the heat.
- Serve the **finished chicken and vegetables** (including any sauce from the pan) over the **cooked rice**. Enjoy!



↻ CUSTOMIZED STEP 5 If you chose Beyond Chicken®

- Finish and serve your dish as directed, using the **baked tenders**.

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

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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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