

Soy & Butter-Glazed Chicken

with Sesame Vegetables & White Rice

2 SERVINGS

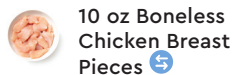
⌚ 25-35 MINS

 **Blue Apron**
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Ingredients*

Customized ingredients



10 oz Boneless Chicken Breast Pieces

SWAPPED FOR:



8 oz Plant-Based Beyond Chicken® Breaded Tenders



1 Tbsp Sesame Oil



¼ cup Rice Flour



½ cup Long Grain White Rice



1 Bell Pepper



2 Tbsps Rice Vinegar



1 tsp Black & White Sesame Seeds



4 oz Mushrooms



1 oz Salted Butter



3 Tbsps Soy Glaze



¼ tsp Crushed Red Pepper Flakes



Serve with Blue Apron wine that has this symbol
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*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.
- Cut the **mushrooms** into bite-sized pieces.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- In a bowl, combine the **soy glaze** and **vinegar**.



CUSTOMIZED STEP 1 If you chose Beyond Chicken®

- Remove the **butter** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Prepare the ingredients and make the glaze 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 **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.



3 Coat, cook & glaze the chicken

- Meanwhile, 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 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 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.



Step 3 continued:

- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring frequently and spooning the glaze over the chicken, 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.
- Transfer to a bowl; cover with foil to keep warm.
- Rinse and 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.*
- Carefully transfer to a bowl. Add the **glaze** and **butter**; season with salt and pepper. Stir until combined and the butter is melted.
- Cover with foil to keep warm.

4 Cook the vegetables

- In the same pan, heat the **sesame oil** on medium-high until hot.
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **sliced pepper** 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, 2 to 3 minutes, or until softened.
- Turn off the heat.



CUSTOMIZED STEP 4 If you chose Beyond Chicken®

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

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 bowl) over the **finished rice**. Garnish with the **sesame seeds**. Enjoy!



CUSTOMIZED STEP 5 If you chose Beyond Chicken®

- Finish the rice and serve your dish as directed with the **glazed 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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