

# Yuzu Chicken & Brown Rice

with Carrots & Bok Choy

2 SERVINGS

⌚ 30-40 MINS


 **Blue Apron**  
blueapron.com



## Ingredients\*


Customized ingredients



10 oz Boneless Chicken Breast Pieces 

SWAPPED FOR:



10 oz Tail-On Shrimp<sup>1</sup> 



½ cup Brown Rice



6 oz Carrots



2 cloves Garlic



10 oz Baby Bok Choy



2 Scallions



1 Tbsp Sesame Oil



1 Tbsp Yuzu Kosho



1 Tbsp Vegetarian Ponzu Sauce



4 tsps Honey



3 Tbsps Roasted Peanuts



1 tsp Black & White Sesame Seeds



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



15

Points® value per serving



Scan this barcode in your WW app to track Points. Wine is not included in Points as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 Points) instead of olive oil (1 Point per teaspoon) to coat your pan before heating.

If you customized this recipe, your Points may differ from what's above.

To learn more about the (NEW!) WW Points™ program, visit [www.ww.com](https://www.ww.com). The WW logo, Points and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. peeled & deveined

\*Ingredients may be replaced and quantities may vary.



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

### 1 Cook & finish the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 ¼ cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 25 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Stir in the **sesame oil**. Cover to keep warm.



### 2 Prepare the ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; thinly slice on an angle.
- Cut off and discard the root ends of the **bok choy**; roughly chop, separating the stems and leaves.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- In a large bowl, combine the **honey** (kneading the packet before opening) and **as much of the yuzu kosho as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper; whisk to combine.



### 3 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** and **chopped bok choy stems** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.



### Step 3 continued:

- Add the **sliced white bottoms of the scallions**, **chopped garlic**, and **chopped bok choy leaves**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **ponzu sauce**. Cook, stirring frequently, 30 seconds to 1 minute, or until combined.
- Transfer to a bowl.
- Wipe out the pan.

### 4 Cook the chicken & serve your dish

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned chicken** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and cooked through.
- Transfer to the bowl of **glaze**; toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **cooked vegetables** and **glazed chicken**. Garnish with the **peanuts**, **sesame seeds**, and **sliced green tops of the scallions**. Enjoy!



### ↩ CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired); season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned shrimp** in an even layer. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Transfer to the bowl of **glaze**; toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **cooked vegetables** and **glazed shrimp**. Garnish with the **peanuts**, **sesame seeds**, and **sliced green tops of the scallions**. Enjoy!