

Ingredients*

Customized ingredients



10 oz Boneless Chicken Breast Pieces 🔄



10 oz Tail-On Shrimp¹ 🕞



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





Points" value



Scan this barcode

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 ww.com. The WW logo, Points and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LtC.

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting Points™? Choose nonstick cooking spray (0 Points™) instead of olive oil (1 Points™ value per teaspoon) to coat your pan before heating. To learn more about WW's Points™ program, visit ww.com.

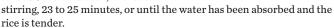
COOK ALONG WITH



"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 11/4 cups of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without



• 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.

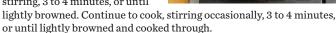


Step 3 continued:

- 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



- 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!





121222, 2PRE07/2PRE16

