

Stir-Fried Chicken & Vegetables

with Rice & Soy-Chile Sauce

4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients*



18 oz Boneless
Chicken Breast
Pieces



1 cup Long Grain
White Rice



¾ lb Carrots



¾ lb Green Beans



1 Tbsp Sesame Oil



1 Tbsp Rice Vinegar



3 Tbsps Soy Glaze



⅓ cup Savory Black
Bean-Chile Sauce



⅓ cup East Asian-
Style Sautéed
Aromatics



¼ cup Rice Flour

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

*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.



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.



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.



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!

