

# Spicy Soy-Glazed Chicken

with Vegetables &  
Brown Butter-Scallion Rice

4 SERVINGS

40-50 MINS

 **Blue Apron**  
blueapron.com



## Ingredients\*

Customized ingredients

 4 Boneless, Skinless Chicken Breasts 


SWAPPED FOR:


 4 Skin-On Salmon Fillets 

 1 cup Long Grain White Rice

 3/4 lb Carrots

 2 Scallions

 3/4 lb Asparagus

 4 oz Cultured, Salted Butter


 1 Tbsp Sesame Oil


 2 Tbsps Rice Vinegar

 3 Tbsps Soy Glaze

 1 Tbsp Sambal Oelek

 2 Tbsps Soy Sauce

 4 tsps Honey

 1 tsp Black & White Sesame Seeds

## Get breakfast delivered



Sorry to your cereal, but these breakfast bites are better. Add these to your order and get more meals covered.

Scan here to order  
your Blue Apron  
Add-ons!



\*Ingredients may be replaced and quantities may vary.



## Share a free box & get rewarded!

Send one to a friend and get a \$20 referral credit\* once their subscription begins! Scan here to see if you have boxes to share.

\*Terms apply



### 1 Prepare the ingredients & make the glaze

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Snap off and discard the tough, woody stem ends of the **asparagus**.
- Peel the **carrots**; quarter lengthwise.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, whisk together the **honey**, **soy glaze**, **vinegar**, **¼ cup of water**, and **as much of the sambal oelek** as you'd like, depending on how spicy you'd like the dish to be.



### 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 Roast the vegetables

- Meanwhile, place the **prepared asparagus** and **quartered carrots** on a sheet pan. Drizzle with the **sesame oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



### 4 Cook & glaze the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned chicken**. Cook 6 to 9 minutes, or until browned. Flip and cook 6 minutes.



#### Step 4 continued:

- Add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the chicken, 1 to 2 minutes, or until coated and cooked through.\*
- Transfer to four plates (including any glaze from the pan).
- Rinse and wipe out the pan.



#### CUSTOMIZED STEP 4 If you chose Salmon

- Meanwhile, pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium until hot.
- Add the **seasoned fish**, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes, or until lightly browned. Flip and cook 2 minutes.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the fish, 1 to 2 minutes, or until coated and cooked through.\*
- Transfer to four plates (including any glaze from the pan).
- Rinse and wipe out the pan.

### 5 Finish the rice & serve your dish

- In the same pan, heat **half the butter** (you will have extra) and the **sliced white bottoms of the scallions** on medium-high until the butter is melted.
- Once melted, cook, stirring constantly, 2 to 3 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted).
- Turn off the heat and carefully stir in the **soy sauce**.
- Transfer to the pot of **cooked rice**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **glazed chicken** with the **roasted vegetables** and **finished rice**. Garnish with the **sesame seeds** and **sliced green tops of the scallions**. Enjoy!



#### CUSTOMIZED STEP 5 If you chose Salmon

- Finish the rice and serve your dish as directed with the **glazed fish** (instead of chicken).

\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for fish.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. | Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, sesame, and wheat.  
Blue Apron, LLC, New York, NY 10006

[f](#) [t](#) [@](#) Share your photos with #blueapron



041524, FR18/FR22