

Sesame Chicken

with Bok Choy & Jasmine Rice

Tonight's take on takeout makes for easy, hearty weeknight fare. To give the chicken its characteristic flavor, we're employing sesame two ways. Nutty sesame oil adds depth to our savory sauce, while black and white sesame seeds bring pleasant crunch (and make for an elegant garnish). Sautéed bok choy and a bed of fluffy jasmine rice and round out this satisfying dinner.

Blue Apron Wine Pairings

Westmount Pinot Gris, 2015

Vinum Riesling, 2015

Helen Foggo Shiraz, 2015



Ingredients

10 Ounces Chopped Chicken Breast

½ Cup Jasmine Rice

2 Cloves Garlic

2 Scallions

½ Pound Bok Choy

Knick Knacks

3 Tablespoons Cornstarch

3 Tablespoons Soy Glaze

2 Tablespoons Rice Vinegar

2 Tablespoons Sesame Oil

1 Teaspoon Black & White Sesame Seeds

¼ Teaspoon Crushed Red Pepper Flakes

Makes: 2 servings

Prep Time: 10 minutes | **Cook Time:** 25–35 minutes



1



Cook the rice:

In a small pot, combine the **rice**, a **big pinch of salt** and **1 cup of water**; heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork. Stir in **¼ of the vinegar**.

2



Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Cut off and discard the root end of the bok choy; roughly chop the leaves and stems. Peel and mince the garlic. Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.

3



Cook the bok choy:

While the rice continues to cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **bok choy** and **garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the bok choy is bright green and slightly wilted. Transfer to a plate and season with salt and pepper to taste. Wipe out the pan.

4



Coat & cook the chicken:

Pat the **chicken** dry with paper towels and place in a bowl. Season with salt and pepper; toss to coat. Add the **cornstarch**; toss to thoroughly coat. In the same pan, heat a thin layer of oil on high until hot. Once the oil is hot enough that a pinch of cornstarch sizzles immediately when added to the pan, add the coated chicken (shaking off any excess cornstarch) in a single, even layer. Cook 3 to 5 minutes on the first side, or until golden brown. Turn and cook, without stirring, 2 to 3 minutes, or until browned and cooked through.

5



Finish the chicken & bok choy:

Reduce the heat to medium-high. To the pan, add the **cooked bok choy**, **white bottoms of the scallions**, **soy glaze**, **remaining vinegar**, **sesame oil**, **half the sesame seeds**, **¼ cup of water** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 2 to 3 minutes, or until well combined and the chicken and bok choy are thoroughly coated. Remove from heat; season with salt and pepper to taste.

6



Plate your dish:

Divide the **cooked rice** and **finished chicken and bok choy** between 2 dishes. Garnish with the **green tops of the scallions** and **remaining sesame seeds**. Enjoy!