



Soy & Butter Glazed Chicken with Vegetables

Ingredients

- 16 ounces diced chicken breast
- 8 ounces snow peas
- 4 tablespoons butter
- 1/2 cup rice flour (use all-purpose flour if you do not have this)
- 6 tablespoons soy glaze ([buy](#) or [make your own](#))
- 1/4 cup rice vinegar
- 2 tablespoons sesame oil
- 1 cup rice, cooked according to package instructions
- Sesame seeds, for serving (optional)

Instructions

- Halve the snow peas crosswise. In a bowl, combine the soy glaze and vinegar.
- In a medium non-stick pan, heat the sesame oil on medium-high until hot. Add the halved peas and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Transfer to a bowl and wipe out the pan.
- Pat the chicken dry with paper towels; place in a bowl and season with salt and pepper. Add the flour and toss to coat. In the same pan, heat a thin layer of oil on medium-high. 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, 2 to 3 minutes, or until browned on all sides. Add the glaze (carefully, as the liquid may splatter). Cook, stirring occasionally and spooning the glaze over the chicken, 1 to 2 minutes, or until the chicken is coated and cooked through. Turn off the heat. Stir in the butter until melted and combined.
- Add cooked snow peas to pan and stir to combine. Serve over cooked rice and garnish with sesame seeds, if desired. .

MAKES ABOUT 4 SERVINGS

ADAPTED FROM: BLUE APRON