Coupons will be automatically applied to your account from the day of registration. Discounts are forfeit in any week an order is skipped or paused. Valid for new meal plan subscriptions only. Limit one per household. Cannot be combined with any other offer. Discount will be taken off of the price of the products and does not apply to shipping or tax, except where otherwise indicated. Redeeming this offer results in the purchase of a continuous subscription for which you will automatically receive weekly deliveries billed to your designated payment method until you cancel.

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Curry Ranch Chicken
with Sesame Vegetable Rice & Peanuts

30 MIN
4 Servings
Wellness at Blue Apron
Find recipes that suit your lifestyle with our new nutritionist-approved dietary tags.
Vegetarian
These recipes don't contain meat, poultry, fish, or seafood.* They're made with fruits and vegetables, grains, legumes, nuts, and seeds. *Select artisanal cheeses may contain animal-derived rennet.
Carb Conscious
This applies to meal kit recipes with 48g or less of net carbs (total carbs minus dietary fiber) per serving. Carb Conscious Add-ons contain 20g or less net carbs.
Mediterranean Diet
Our Mediterranean recipes are inspired by the Mediterranean Diet, a healthy eating plan recommended in the Dietary Guidelines for Americans published jointly every five years by the US Department of Agriculture (USDA) and the Department of Health & Human Services (DHHS). This eating plan highlights the flavors and cooking styles from countries along the Mediterranean Sea, including those in Europe, the Middle East, and North Africa. These recipes showcase a wide variety of vegetables, fruits, and whole grains, as well as lean proteins and moderate portions of dairy.
600 Calories or Less

These meals contain 600 calories or less per serving. The US Food & Drug Administration uses 2000 calorie daily intake for general advice. The 600 calorie cap equates to 30% of the total 2000 calories per day based on 3 meals per day with 200 calories remaining for snack or beverage.

Wellness Grain

These recipes feature grains such as barley, quinoa, farro, orzo, couscous and more, handpicked by our Culinary team in collaboration with our Registered Dietitian.

Pescatarian

These recipes feature a wide array of nutritious seafood options like salmon, cod, tilapia, crab, and shrimp. While these dishes never contain meat, pork or poultry, they may contain animal derived ingredients such as milk, butter, cheese and/or honey.

30g Of Protein

These meals contain 30g or more of protein per serving, and are ideal for those looking to focus their meals around protein intake.

Keto Friendly

These meals have approximately 10% of calories from carbohydrates, 20% from protein, and 70% from dietary fats (per serving).

45g Of Protein

These meal kit recipes contain 45g or more of protein per serving, and are ideal for those looking to focus their meals around protein intake.

Nutritionist's Pick

These meals are selected by Blue Apron's Registered Dietitian Nutritionist. They are centered around nutritious and wholesome ingredients, featuring whole grains and fresh produce which provide fiber. They also contain moderate portions of dairy and lean protein while being mindful of saturated fat.

Wheat Free

These meals are prepared with ingredients that do not contain wheat. They feature grains such as barley and rice as well as proteins and vegetables.

Reduced Sodium

These Prepared and Ready dishes contain at least 25% less sodium per 100 grams (or 3.5 oz) than our average Prepared and Ready Meal as of October 1, 2024. Sodium content has been reduced from 330 mg per 100 grams to 250 mg per 100 grams. These dishes focus on ingredients with strong flavor and moderate salt.

Vegan

To view a recipe's full nutrition information, head to your Upcoming page at blueapron.com, click on a specific recipe, then head to the Nutrition tab and select 'View Full Nutrition.' Nutrition Facts Panels are available up to 1.5 weeks in advance

Available Options

- with Boneless Chicken Breast Pieces
includes 18 oz No Added Hormones, Antibiotic-Free Boneless Chicken Breast Pieces

- with Flank Steaks
includes four 5.5-oz No Added Hormones, Pasture-Raised Flank Steaks View recipe

with Boneless Chicken Breast Pieces

From the Test Kitchen

This flavor-packed dish features tender bites of chicken seared in a coating of warming vadouvan curry powder, then topped with a unique combo of creamy ranch dressing and spicy yellow curry paste—a staple of Thai cuisine made from hot chiles, lemongrass, turmeric, and more. It all comes together over a bed of fluffy white rice, bell peppers, and carrots tossed with fragrant sesame oil.

CLICK FOR RECIPE CARD

Nutrition
PER SERVING

Calories
650 Cals

View Full Nutrition
Download

fresh ingredients

- 18 oz Boneless Chicken Breast Pieces
- 1 cup Long Grain White Rice
- ¾ lb Carrots
- 2 Bell Peppers
- 2 cloves Garlic
- 3 Tbsps Roasted Peanuts
- 1½ Tbsps Yellow Curry Paste
- 2 tsps Vadouvan Curry Powder
- 2 Tbsps Sesame Oil
- ¼ cup Ranch Dressing
- 4 tsps Honey

Unlock this recipe and thousands more

Plus, get deliciousness delivered to your inbox—like special offers, new menu items, and more.

Email Unlock recipe

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step-by-step instructions

1 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.

2 Prepare the ingredients & make the sauce

Meanwhile, wash and dry the fresh produce. Peel the **carrots**; halve lengthwise, then thinly slice crosswise. Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Peel and roughly chop **2 cloves of garlic**. In a bowl, whisk together the **ranch dressing**, **honey**, and **as much of the curry paste as you'd like**, depending on how spicy you'd like the dish to be.

3 Cook the vegetables

In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot. Add the **sliced carrots** and **sliced peppers** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Add the **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Transfer to a large bowl and cover with foil to keep warm. Wipe out the pan.

4 Cook the chicken

Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **curry powder**. Toss to coat. 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 lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through. Turn off the heat.

5 Finish the rice & serve your dish

Meanwhile, to the bowl of **cooked vegetables**, add the **cooked rice** and **sesame oil**; season with salt and pepper. Stir to combine. Serve the **finished rice** topped with the **cooked chicken** and **sauce**. Garnish with the **peanuts**. Enjoy!