

Spicy Miso-Glazed Chicken Wings

with Purple Rice & Zucchini Salad

In this recipe, we're doing wing night with a Japanese flourish. Our juicy chicken wings are umami-rich, with a kick of heat—thanks to a white miso and red chile glaze. To balance these flavors, we're also making a refreshing salad of sautéed zucchini and hearty purple rice, a specialty variety with gorgeous color and subtly fruity taste.

Blue Apron Wine Pairings

Asilomar Trail Riesling, 2014
Pax White Wine Blend, 2015



Ingredients

1½ Pounds Chicken Wings
¾ Cup Purple Rice
3 Cloves Garlic
2 Scallions
1 Cucumber
1 Zucchini

Knick Knacks

2 Tablespoons Rice Vinegar
2 Tablespoons Soy Glaze
2 Tablespoons White Miso Paste
2 Teaspoons Sambal Oelek

Makes: 3 servings | **Calories:** about 750 per serving
Prep Time: 10 minutes | **Cook Time:** 30–40 minutes



1



Cook the rice:

Preheat the oven to 475°F. Heat a medium pot of salted water to boiling on high. Once boiling, add the **rice** and simmer 22 to 24 minutes, or until tender. Drain thoroughly and rinse under cold water to cool slightly.

2



Roast the chicken wings:

While the rice cooks, line a sheet pan with aluminum foil. Pat the **chicken wings** dry with paper towels and place on the prepared sheet pan. Drizzle with oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 22 to 24 minutes, or until lightly browned and cooked through. Remove from the oven, leaving the oven on.

3



Prepare the ingredients:

While the chicken wings roast, wash and dry the fresh produce. Peel and mince the garlic. Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops. Small dice the zucchini. Halve the cucumber lengthwise; scoop out and discard the seeds, then small dice the cucumber. To make the glaze, in a bowl, combine the **miso paste**, **soy glaze**, **half the vinegar** and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be; whisk until smooth.

4



Cook the zucchini:

While the chicken wings continue to roast, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic**, **white bottoms of the scallions** and **zucchini**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened and fragrant. Transfer to a large bowl and set aside to cool slightly.

5



Finish the chicken wings:

Evenly drizzle or brush the tops of the **roasted chicken wings** with a layer of the **glaze** (you may have extra glaze). Return to the oven and roast 8 to 10 minutes, or until browned on top. Remove from the oven. Evenly drizzle or brush with any **remaining glaze**.

6



Finish the salad & plate your dish:

While the glazed chicken wings roast, add the **cooked rice**, **cucumber** and **remaining vinegar** to the bowl of **cooked zucchini**. Stir to thoroughly combine and season with salt and pepper to taste. Divide **2/3 of the finished chicken wings and salad** between 2 dishes (you will have extra chicken wings and salad). Garnish with the **green tops of the scallions**. Enjoy!