

# Miso-Butter Chicken

with Freekeh &  
Sautéed Carrots

**PREP TIME:** 10 minutes

**COOK TIME:** 20-30 minutes

**SERVINGS:** 2

Tonight, a simple combination of sweet miso paste and butter creates a sumptuous, flavorful glaze for pan-seared chicken. (We're also adding sautéed carrots and kale, turning the glazed chicken into a hearty stir-fry.) To complete the meal, a side of freekeh tossed with soy sauce is a savory counterpoint to the sweet, rich chicken and vegetables.



## BLUE APRON WINE PAIRING:

Uvaggio Montagna Nera  
Red Wine, 2015

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## Ingredients



10 oz  
CHOPPED  
CHICKEN BREAST



4  
CARROTS



1/2 cup  
CRACKED  
FREEKEH



1 bunch  
KALE



2  
SCALLIONS

## KNICK KNACKS:



2 Tbsp  
BUTTER



2 Tbsp  
SWEET WHITE  
MISO PASTE



1 Tbsp  
RICE VINEGAR



1 Tbsp  
SOY SAUCE

**Did You Know?**  
*This delicately  
flavored paste  
is fermented for  
less time than  
darker varieties.*



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## 1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Heat a small pot of salted water to boiling on high.
- ☐ Peel the carrots and thinly slice on an angle.
- ☐ Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops.
- ☐ Remove and discard the kale stems; roughly chop the leaves.
- ☐ In a bowl, combine the **miso paste** and **2 tablespoons of water**. Whisk until smooth.

## 2 Cook the freekeh:

- ☐ Add the **freekeh** to the pot of boiling water. Cook, uncovered, 20 to 22 minutes, or until tender. Turn off the heat.
- ☐ Drain thoroughly and return to the pot.
- ☐ Stir in the **soy sauce** and a drizzle of olive oil; season with salt and pepper to taste.

## 3 Cook the carrots:

- ☐ While the freekeh cooks, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **carrots** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly softened.

## 4 Add the kale:

- ☐ Add the **kale**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly wilted.
- ☐ Add **¼ cup of water** and cook, stirring occasionally, 2 to 3 minutes, or until the kale has wilted and the water has cooked off.
- ☐ Turn off the heat and stir in the **vinegar**. Season with salt and pepper to taste. Transfer to a bowl. Wipe out the pan.

## 5 Brown the chicken:

- ☐ While the freekeh continues to cook, pat the **chicken** dry with paper towels; season with salt and pepper.
- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the seasoned chicken and cook, stirring occasionally, 3 to 5 minutes, or until lightly browned.

## 6 Finish & plate your dish:

- ☐ Add the **butter** and **miso-water mixture** to the pan. Cook, stirring frequently, 30 seconds to 1 minute, or until the butter has melted.
- ☐ Add the **cooked vegetables**. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined and the chicken is cooked through. Turn off the heat. Season with salt and pepper to taste.
- ☐ Divide the **cooked freekeh** and finished chicken and vegetables between 2 dishes. Garnish with the **green tops of the scallions**. Enjoy!

