

Togarashi Chicken & Brown Rice Bowls

with Roasted Squash & Miso-Sesame Dressing

2 SERVINGS

25-35 MINS

 Blue Apron

blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.*

Ingredients

 10 oz Chopped Chicken Breast 

 1 Red Onion

 1 Tbsp Sesame Oil

 1 Tbsp Sweet White Miso Paste

 2 Skin-On Salmon Fillets 

 ½ lb Diced Butternut Squash

 2 Tbsps Rice Vinegar

 1 Tbsp Togarashi Seasoning¹

 ½ cup Brown Rice

 1 Persian Cucumber

 2 Tbsps Coconut Aminos¹



Serve with Blue Apron wine that has this symbol blueapron.com/wine



12 9 4

SmartPoints® value per serving (as packaged)

If you customized this recipe, your SmartPoints may differ from what's above.



Scan this barcode in your WW app to track SmartPoints (the barcode at left provides the standard recipe and the barcode at right provides the customized version). Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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1. seasoning sauce 2. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds
*Ingredients may be replaced and quantities may vary.

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

1 Prepare & roast the vegetables

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Line a sheet pan with foil.
- Halve and peel the **onion**; cut into 1-inch-wide wedges, keeping the layers intact.
- Transfer the **onion wedges** and **squash** to the sheet pan; drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 24 to 26 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



2 Cook the rice

- Meanwhile, add the **rice** to the pot of boiling water. Cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



3 Marinate the cucumber & make the dressing

- Meanwhile, halve the **cucumber** lengthwise, then thinly slice crosswise; place in a bowl. Add **half the vinegar** and season with salt and pepper; stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- In a separate bowl, whisk together the **miso paste**, **coconut aminos**, **sesame oil**, and **remaining vinegar**.



4 Cook the chicken & serve your dish

- Pat the **chicken** dry with paper towels; place in a bowl and season with salt, pepper, and **all but a pinch of the togarashi**. Toss to coat.
- In a medium pan (nonstick, if you have one), heat **1 teaspoon 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.
- Serve the **cooked rice** topped with the **cooked chicken**, **roasted vegetables**, and **marinated cucumber** (including any liquid). Drizzle with the **dressing**. Garnish with the **remaining togarashi**. Enjoy!



↩ CUSTOMIZED STEP 4 *If you chose Salmon*

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and **all but a pinch of the togarashi**.
- In a medium pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium until hot.
- Add the seasoned fish, skin side up. Loosely cover the pan with foil and cook 3 to 5 minutes, or until lightly browned.
- Flip and cook 2 to 4 minutes, or until browned and cooked through.* Turn off the heat.
- Serve the **cooked rice** topped with the **cooked fish**, **roasted vegetables**, and **marinated cucumber** (including any liquid). Drizzle with the **dressing**. Garnish with the **remaining togarashi**. Enjoy!

*An instant-read thermometer should register 145°F.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, New York, NY 10005

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