

Seared Chicken

with Miso Kale &
Roasted Vegetables

TIME: 30-40 minutes

SERVINGS: 2

Tonight, we're giving seared chicken a few Asian-inspired twists. We're serving sides of sweet roasted root vegetables and kale cooked with flavorful miso paste—you may receive green curly, dark green lacinato, or red kale. A creamy sauce adds an irresistible layer of umami, or savory, flavor when spooned over the chicken and used as a dip for the veggies. (Chefs, your turnip may be red- or purple-skinned.)



MATCH YOUR BLUE APRON WINE



Rich & Decadent

Serve a bottle with this symbol for a great pairing.



Ingredients



2
BONELESS,
SKIN-ON CHICKEN
BREASTS



1 bunch
KALE



2 cloves
GARLIC



1 lb
SWEET POTATOES



1
TURNIP

KNICK KNACKS:



2 Tbsps
MAYONNAISE



1 Tbsp
SWEET WHITE
MISO PASTE



2 Tbsps
SUSHI SAUCE



1 tsp
FURIKAKE

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



Download our iOS or Android app, or log in to blueapron.com for how-to videos and supplier stories.



1 Prepare & roast the vegetables:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Halve the **sweet potatoes** lengthwise; cut crosswise into 1/4-inch-thick pieces.
- ☐ Peel the **turnip**; halve lengthwise, then cut crosswise into 1/4-inch-thick pieces.
- ☐ Place the vegetables on a sheet pan. Drizzle with olive oil and season with salt and pepper. Toss to coat. Arrange in an even layer.
- ☐ Roast 17 to 19 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.



2 Prepare the remaining ingredients & cook the kale:

- ☐ While the vegetables roast, remove and discard the **kale** stems, then roughly chop the leaves.
- ☐ Peel and roughly chop the **garlic**.
- ☐ In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the garlic; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the kale and **miso paste**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- ☐ Add 1/3 cup of **water** and cook, stirring occasionally, 2 to 3 minutes, or until the kale has wilted and most of the water has cooked off.
- ☐ Transfer to a bowl and stir in the **furikake**; season with salt and pepper to taste. Set aside in a warm place. Rinse and wipe out the pan.



3 Cook the chicken:

- ☐ While the vegetables continue to roast, pat the **chicken** dry with paper towels. Season with salt and pepper on both sides. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the seasoned chicken, skin side down; cook, loosely covering the pan with aluminum foil, 4 to 6 minutes on the first side, or until the skin is browned and crispy.
- ☐ Flip and cook 3 to 4 minutes, or until cooked through. Transfer to a cutting board.

4 Make the sauce:

- ☐ While the chicken cooks, in a bowl, combine the **mayonnaise** and **sushi sauce**. Season with salt and pepper to taste.



5 Slice the chicken & plate your dish:

- ☐ Slice the **cooked chicken** crosswise.
- ☐ Divide the sliced chicken, **roasted vegetables**, and **cooked kale** between 2 dishes. Serve with the **sauce** on the side. Enjoy!