

Miso-Ginger Chicken

with Sesame Rice & Roasted Broccoli

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

Customized ingredients

 ½ cup Long Grain White Rice 

SWAPPED FOR:

 1 head Cauliflower 


 2 Boneless, Skinless Chicken Breasts

 2 cloves Garlic


 1 oz Butter

 1 Tbsp Sesame Oil

 2 tsps Honey

 ½ lb Broccoli

 1 piece Ginger

 1 Tbsp Sweet White Miso Paste

 1 Tbsp Rice Vinegar

 1 tsp Black & White Sesame Seeds



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



13 10 10

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints.

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.

SmartPoints reflect the **customized** version of this recipe and may differ depending on your chosen ingredients

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*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

1 Prepare the ingredients & start the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the **broccoli**; cut off and discard the bottom ½ inch of the stem, then cut the broccoli into small florets.
- Peel and roughly chop **2 cloves of garlic**.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- In a bowl, whisk together the **miso paste**, **vinegar**, **honey** (kneading the packet before opening), and **¼ cup of water**. Taste, then season with salt and pepper if desired.



CUSTOMIZED STEP 1 *If you chose Cauliflower*

- Follow the directions in Step 1.
- Remove the leaves of the **cauliflower**, then quarter lengthwise through the core. (If you have a food processor, discard the core, then pulse the quartered cauliflower until fine.)
- Line a sheet pan with parchment paper. Using the large side of a box grater, grate the quartered cauliflower onto the sheet pan; discard the core.

2 Cook & finish the rice

- In a small pot, combine the **rice**, **chopped garlic**, **a big pinch of salt**, and **1 cup 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. Stir in the **sesame oil**. Cover to keep warm.



CUSTOMIZED STEP 2 *If you chose Cauliflower*

- In a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **riced cauliflower** in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly softened.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.

3 Roast the broccoli

- Meanwhile, place the **broccoli florets** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



4 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board.



CUSTOMIZED STEP 4 *If you chose Cauliflower*

- Cook the chicken as directed, using the same pan used to cook the cauliflower.

5 Finish the sauce & serve your dish

- Add the **chopped ginger** to the pan of reserved fond (if the pan seems dry, add a drizzle of olive oil). Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **butter** and **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 1 to 2 minutes, or until combined and the butter is melted.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **finished rice** and **roasted broccoli**. Top the chicken with the **finished sauce**. Garnish with the **sesame seeds**. Enjoy!



CUSTOMIZED STEP 5 *If you chose Cauliflower*

- Finish the sauce and serve your dish as directed with the **cooked cauliflower** (instead of rice).

*An instant-read thermometer should register 165°F.