

Miso-Ginger Chicken

with Sesame Rice & Roasted Vegetables

2 SERVINGS

⌚ 25-35 MINS

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

Ingredients

Customized ingredients


 2 Boneless, Skinless Chicken Breasts 

SWAPPED FOR:

 10 oz Sea Scallops 

 1 piece Ginger


 1 Tbsp Rice Vinegar

 1 tsp Black & White Sesame Seeds


 ½ cup Long Grain White Rice

 2 cloves Garlic

 1 oz Butter

 1 Tbsp Sesame Oil

 ¾ lb Carrots

 3 oz Shishito Peppers

 1 Tbsp Sweet White Miso Paste

 2 tsps Honey



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

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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

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 fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Peel the **carrots**; cut crosswise into 2-inch pieces.
- 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 $\frac{1}{4}$ **cup of water**. Taste, then season with salt and pepper if desired.



2 Cook & finish the rice

- Carefully rinse the **rice** (sifting through for any small stones or impurities). Drain thoroughly.
- 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.



3 Roast the vegetables

- Meanwhile, place the **carrot pieces** and **shishito peppers** 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 Scallops

- Meanwhile, pat the **scallops** dry with paper towels. Using your hands, remove and discard the tough side muscle from each scallop. 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 scallops in an even layer. Cook 4 to 5 minutes, or until browned.
- Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

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 vegetables**. Top the chicken with the **finished sauce**. Garnish with the **sesame seeds**. Enjoy!



↩ CUSTOMIZED STEP 5 If you chose Scallops

- Finish the sauce as directed in Step 5.
- Serve the **cooked scallops** with the **finished rice** and **roasted vegetables**. Top the scallops with the **finished sauce**. Garnish with the **sesame seeds**. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

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.

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