

Miso-Ginger Chicken

with Sesame Rice & Roasted Vegetables

2 SERVINGS


⌚ 25-35 MINS


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Ingredients

 2 Boneless, Skinless Chicken Breasts

 3 oz Shishito Peppers

 1 oz Salted Butter

 1 Tbsp Sesame Oil

 ½ cup Long Grain White Rice

 2 cloves Garlic


 1 Tbsp Sweet White Miso Paste

 1 Tbsp Honey

 ¾ lb Carrots

 1 piece Ginger

 1 Tbsp Rice Vinegar

 1 tsp Black & White Sesame Seeds



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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 **¼ 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 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 a drizzle 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.



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!



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

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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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