

DINNERLY



Miso-Garlic Chicken with Roasted Brussels & Carrots



20-30min



2 Servings

This dish will trick your taste buds into thinking you're eating your favorite Asian take-out, but joke is on them because it's homemade and healthier! Rather than stir-frying everything together with noodles or rice, we take savory miso and tangy chili garlic sauce and use them to coat lean chicken breasts. The veggies are roasted separately and served with the chicken and a delicious pan sauc...

WHAT WE SEND

- 1 carrot
- 2 oz white miso ^{1,2}

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- sugar
- white wine vinegar

TOOLS

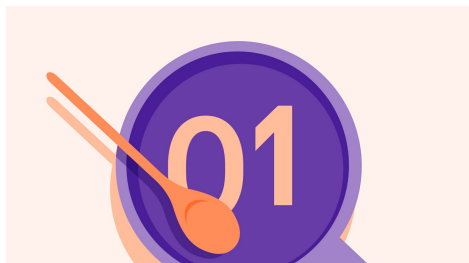
- large nonstick skillet
- rimmed baking sheet

ALLERGENS

Soy (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 400kcal, Fat 23g, Carbs 23g, Protein 29g



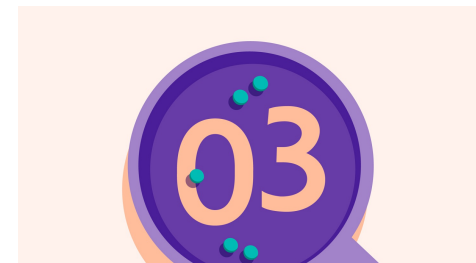
1. Roast veggies

Preheat oven to 450°F with a rack in the center. Trim ends from **Brussels sprouts**, and halve or quarter if large. Scrub **carrots**, then cut on angle into ¼-inch thick slices. On a baking sheet toss Brussels sprouts and carrots with **1½ tablespoons oil**, **½ teaspoon salt**, and **a few grinds pepper**. Roast until tender and browned in spots, 15–20 minutes.



2. Prep chicken

Meanwhile, in a small bowl, combine **miso**, **chili garlic sauce** (or start with ½ teaspoon depending on heat preference), and ½ **teaspoon sugar**. Pat **chicken** dry, and pound to even thickness, if necessary. Season chicken all over with **salt** and **pepper**. Spread **1 teaspoon miso paste** on 1 side of each breast (reserve remaining miso paste for step 5).



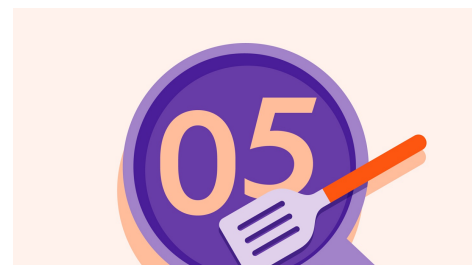
3. Sear chicken

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **chicken** to skillet, miso side-down, and cook until browned, 1–3 minutes (watch closely and reduce heat if browning too quickly). Flip chicken, and cook 2–4 minutes, or until cooked through. Transfer chicken to a plate and cover to keep warm.



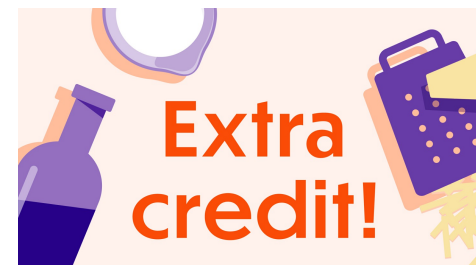
4. Cook pan sauce

Return skillet to medium-high and add **2 tablespoons vinegar** and ½ **tablespoon oil**. Simmer, scraping up browned bits with a spoon, until slightly reduced, about 1 minute. Stir in **any chicken juices** from plate, and season to taste with **salt** and **pepper**.



5. Finish & serve

Toss **roasted vegetables** with **remaining miso paste** until evenly coated; season to taste with **salt** and **pepper**. Serve **chicken** with **roasted vegetables** alongside, and drizzle **pan sauce** all over. Enjoy!



6. Carbo load

You could make a brown rice pilaf with finely chopped shallots or garlic to serve alongside.