



Chicken & Miso-Tahini Sauce

with Carrots and Potatoes



30-40min



2 Servings

We love social media manager Mardi Miskit's miso-tahini sauce so much we developed this recipe to go with it. It's addictive as a dip or dressing but we're especially fond of dragging these roasted potatoes through it. Start roasting the vegetables while you brown the chicken for a satisfying meal that comes together with little effort. Cook, relax, and enjoy!

What we send

- 12 oz boneless, skinless chicken thighs
- ½ oz fresh parsley
- ½ lb russet potatoes
- 2 carrots
- lemons

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- large skillet
- rimmed baking sheet

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 36g, Carbs 43g, Protein 54g



1. Prepare vegetables

Preheat oven to 425°F. Slice potato ¼-inch thick. Peel carrots and cut crosswise into 3-inch pieces. Halve lengthwise if very thick.



2. Roast vegetables

Toss potatoes and carrots with 2 tablespoons oil on a rimmed baking sheet and season with salt and pepper. Roast 20 minutes while you brown the chicken.



3. Brown chicken

Heat 1 tablespoon oil in a large skillet over medium-high. Season chicken thighs with salt and pepper. Cook chicken until brown on both sides, about 5 minutes per side.



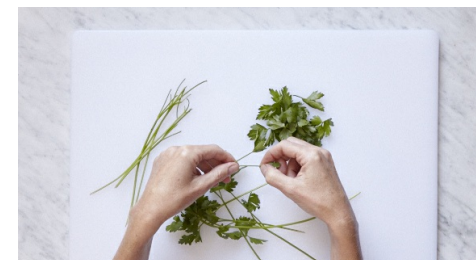
4. Finish chicken

Transfer chicken to sheet with vegetables and continue to roast until vegetables are tender and chicken is cooked through, 5-10 more minutes.



5. Make miso-tahini sauce

Meanwhile, whisk tahini and miso in a small bowl. Halve lemons and squeeze 3 tablespoons lemon juice into bowl, whisking until smooth. Whisk in 1 tablespoon water if needed to loosen.



6. Serve

Pick parsley leaves from stems. Transfer chicken and vegetables to a platter, top with parsley and serve miso-tahini sauce alongside. Enjoy!