

DINNERLY



REBOOT Miso-Tamari Chicken with Green Beans & Rice



30-40min



2 Servings

Juicy chicken thighs are roasted, glazed with a sweet-savory sauce, then roasted again. Served alongside fluffy rice with charred green beans, this is simple cooking that makes life easy, but also really delicious. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 12 oz boneless, skinless chicken thighs
- ½ lb green beans
- 1 pkt miso paste ⁶
- ½ oz tamari ⁶
- ½ oz toasted sesame oil ¹¹

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil, such as vegetable
- butter ⁷
- garlic
- white wine vinegar (or apple cider vinegar) ¹⁷
- sugar

TOOLS

- fine-mesh sieve
- small saucepan
- rimmed baking sheet
- small skillet

ALLERGENS

Soy (6), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 680kcal, Fat 28g, Carbs 72g, Protein 35g



1. Cook rice

Preheat oven to 450°F with racks in the upper and lower thirds. Rinse **rice** in a fine-mesh sieve until the water runs clear. Drain and transfer to a small saucepan. Add **1¼ cups water** and **¾ teaspoon salt**; bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Cover to keep warm.



2. Roast chicken

Pat **chicken** dry and place on a rimmed baking sheet, then drizzle lightly with **neutral oil**. Bake on lower oven rack until golden on bottom, 10-12 minutes. Meanwhile, trim and discard ends from **green beans**. In a medium bowl, toss green beans with **1 tablespoon neutral oil**, then season with **salt** and **pepper**; set aside.



3. Make glaze

Meanwhile, peel and finely chop **1 teaspoon garlic**. Melt **2 tablespoons butter** in a small skillet over medium-high. Whisk in **miso**, **tamari**, **chopped garlic**, **1 tablespoon each vinegar and sugar**, and **1 teaspoon sesame oil**. Cook, whisking, until glaze is smooth and slightly thickened, 1-2 minutes. Reserve **1 tablespoon of the glaze** in a small bowl for serving.



4. Cook green beans

Flip **chicken**, push to one side of baking sheet, and brush with **remaining glaze**. Add **green beans** to other side of baking sheet. Roast on upper rack until chicken is cooked through, glaze is caramelized, and green beans are tender and browned in spots, 7-9 minutes.



5. Finish & serve

Whisk in **1 teaspoon water** at a time into **reserved glaze** until thin enough to drizzle. Fluff rice, then serve with **miso-tamari drumsticks** and **green beans** alongside. Drizzle **thinned glaze** over top. Enjoy!



6. Take it to the next level

Fluffy rice makes for an ideal complement to these saucy chicken thighs. Even better, add a fragrant kick to your rice by sautéing some garlic and ginger in the saucepan before cooking the rice in step 1.