



Peak Season! Tamari-Glazed Chicken Breast

with Roasted Vegetables & Furikake Mayo



20-30min



2 Servings

Furikake is not only fun to say, but it's also super fun to eat. It's a Japanese seasoning that contains seaweed, sesame seeds, sugar, and salt. We add a dash to mayo to create an irresistible sauce that pairs perfectly with the umami flavors of tamari-glazed chicken breast and hearty roasted winter veggies. It's so nice, you'll want to make it twice.

What we send

- 1 sweet potato
- ½ lb Brussels sprouts
- 2 oz mayonnaise ^{3,6}
- ¼ oz furikake ¹¹
- ½ oz tamari soy sauce ⁶
- 12 oz pkg boneless, skinless chicken breasts

What you need

- neutral oil
- kosher salt & ground pepper
- garlic
- sugar

Tools

- rimmed baking sheet
- medium skillet

Cooking tip

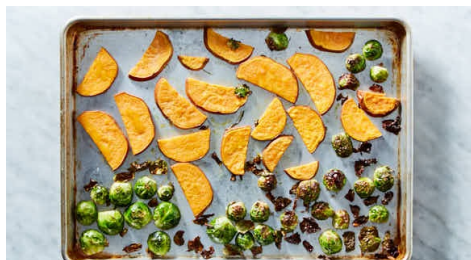
It's peak season for hearty roasted Brussels sprouts, which means they're at their most delicious!

Allergens

Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 560kcal, Fat 27g, Carbs 40g, Protein 46g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third.

Scrub **sweet potato**, halve lengthwise, and cut into ¼-inch thick half-moons. Trim **Brussels sprouts**, then halve (or quarter, if large). On a rimmed baking sheet, toss vegetables with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on upper oven rack until vegetables are tender and browned in spots, about 20 minutes.



4. Season chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**.



2. Season mayonnaise

Meanwhile, finely chop **½ teaspoon garlic**. In a small bowl, stir to combine **2 tablespoons mayonnaise** (save rest for own use), **chopped garlic**, **1 teaspoon furikake**, and **1 teaspoon each of oil and water**. Season to taste with **salt** and **pepper**.



5. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until golden brown and cooked through, 3–4 minutes per side. Spoon **tamari glaze** over chicken in skillet. Cook over medium-high heat, turning chicken once, until glaze is thick and glossy, about 30 seconds.



3. Mix tamari glaze

In a small bowl, whisk to combine **tamari**, **1 teaspoon sugar**, and **1 teaspoon oil**; set aside for step 5.



6. Finish & serve

Transfer **chicken** to a cutting board and let rest for 5 minutes; slice, if desired. Serve **tamari-glazed chicken** with **roasted vegetables** alongside and with **furikake mayo** for dipping. Garnish with **extra furikake**, if desired. Enjoy!