

# DINNERLY



## Hot Honey-Miso Chicken with Roasted Brussels Sprouts & Carrots



20-30min



2 Servings

This dish will trick your taste buds into thinking you're eating your favorite Asian take-out, but joke's on them because it's homemade! Rather than stir-frying with noodles or rice, we sub in hearty vegetables and lean chicken breast coated in a sticky combination of savory miso and sweet and spicy hot honey. We've got you covered!

## WHAT WE SEND

- ½ lb Brussels sprouts
- 2 carrots
- 10 oz pkg boneless, skinless chicken breast
- ½ oz Mike's Hot Honey
- 0.63 oz miso paste <sup>6</sup>

## WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) <sup>17</sup>

## TOOLS

- rimmed baking sheet
- medium nonstick skillet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 420kcal, Fat 18g, Carbs 29g, Protein 38g



### 1. Prep veggies

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

Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). Scrub **carrots**, then cut on an angle into ¼-inch thick slices.

Toss veggies on a rimmed baking sheet with **1½ tablespoons oil**; season with **salt** and **pepper**. Roast until browned and tender, 15–20 minutes.



### 4. Serve

Serve **hot honey-miso chicken** with **roasted vegetables** alongside. Enjoy!



### 2. Prep chicken

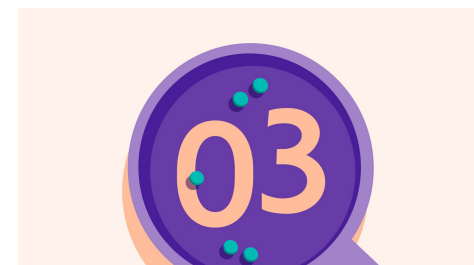
Meanwhile, pat **chicken** dry; season all over with **salt** and **pepper**.

In a medium bowl, stir to combine **hot honey**, **miso**, and **½ tablespoon vinegar**. Add chicken and toss to coat.



### 5. ...

What were you expecting, more steps? You're not gonna find them here!



### 3. Cook chicken

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **chicken** and cook until well browned and cooked through, 3–4 minutes per side.

If **glaze** starts to blacken before chicken is cooked through, transfer chicken to baking sheet with **vegetables**. Bake until internal temperature reaches 165°F.



### 6. ...

Kick back, relax, and enjoy your Dinnerly!