



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 ^{1,3}
- ¼ oz furikake ²
- ½ oz tamari soy sauce ³
- 12 oz pkg boneless, skinless chicken breasts
- garlic

What you need

- neutral oil
- kosher salt & ground pepper
- sugar

Tools

- rimmed baking sheet
- medium skillet

Cooking tip

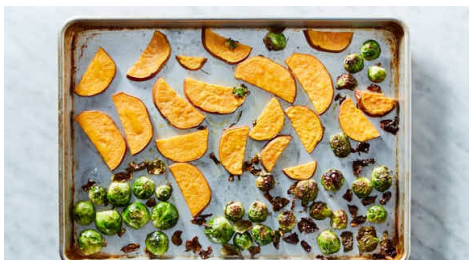
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Allergens

Egg (1), Sesame (2), Soy (3). 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**.



3. Mix tamari glaze

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



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.



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!