



20-Min: Miso Chicken

with Stir-Fried Snap Peas



ca. 20min



2 Servings

Miso, a fermented paste made from soybeans, is as versatile as it is delicious! Here we combine miso paste with a dash of sweet mirin to create an earthy, savory pan sauce. Fluffy rice is topped with tender slices of chicken breast and served alongside snap peas for a satisfying crunch.

What we send

- 5 oz jasmine rice
- 4 oz snap peas
- 2 scallions
- 1 oz fresh ginger
- garlic
- 0.63 oz miso paste ⁶
- 1 oz mirin ¹⁷
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz mixed sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- sugar
- neutral oil
- butter ⁷

Tools

- small saucepan
- microplane or grater
- medium 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 710kcal, Fat 28g, Carbs 69g, Protein 48g



1. Cook rice

In a small saucepan, combine **rice, 1 ¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



4. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet. Add chicken and cook until browned and cooked through, 3-4 minutes per side. Transfer to a plate.



2. Prep ingredients

Meanwhile, thinly slice **snap peas**. Thinly slice **scallion**, keeping dark greens separate. Finely grate **1 teaspoon each of ginger and garlic**.

In a liquid measuring cup or small bowl, whisk to combine **miso paste, ⅓ cup hot tap water**, and **1 teaspoon each of mirin and sugar**.



5. Make pan sauce

Reduce skillet heat to medium. Add **2 tablespoons butter, grated garlic and ginger**, and **scallion whites and light greens**. Cook, stirring, until fragrant, about 30 seconds. Add **miso mixture**; bring to a simmer. Season to taste with **salt** and **pepper**; thin sauce with **1 tablespoon water** at a time, if necessary. Return **chicken** to skillet to warm through, about 1 minute.



3. Cook snap peas

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **snap peas** and **a pinch each of salt and pepper**; cook, stirring occasionally, until tender and beginning to brown, 2-4 minutes. Transfer to bowl and cover to keep warm and soften further.



6. Finish & serve

Fluff **rice** with a fork and spoon onto plates. Top with **some of the snap peas and chicken**. Spoon **miso pan sauce** over top and garnish with **sesame seeds** and **dark scallion greens**. Enjoy!