

# MARLEY SPOON



## Fast! Chicken Shogayaki

with Cabbage, Rice & Shichimi Togarashi



ca. 20min



2 Servings

A popular Japanese bento box dish, chicken shogayaki comes together fast and delivers maximum flavor. Lean chicken and sweet onions brown to golden perfection before combining with a fresh ginger sauce. Grated ginger mixes with tamari and mirin, a sweet rice wine, to create a silky glaze. Short-grain rice and crisp shredded cabbage soak up the sauce and a sprinkle of shichimi togarashi caps off this Japanese comfort meal.



## What we send

- 5 oz sushi rice
- 1 yellow onion
- 1 oz fresh ginger
- 1 oz mirin
- 2 (½ oz) tamari soy sauce <sup>1</sup>
- 6 oz grape tomatoes
- 10 oz pkg chicken breast strips
- 2 oz mayonnaise <sup>2,1</sup>
- ¼ oz shichimi togarashi <sup>3</sup>
- 14 oz cabbage blend

## What you need

- kosher salt & ground pepper
- sugar
- all-purpose flour (or gluten-free alternative)
- neutral oil

## Tools

- fine-mesh sieve
- small saucepan
- microplane or grater
- medium skillet

## Allergens

Soy (1), Egg (2), Sesame (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

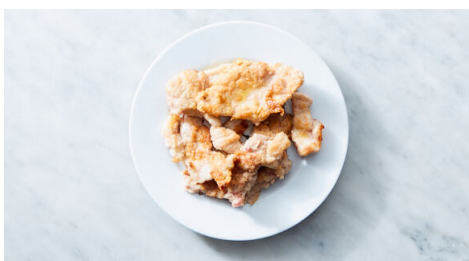
## Nutrition per serving

Calories 840kcal, Fat 34g, Carbs 93g, Protein 44g



### 1. Cook rice

In a fine-mesh sieve, rinse **rice** until water runs clear. In a small saucepan, combine rice with **1 cup water**, and **½ teaspoon salt**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 15 minutes. Keep covered until ready to serve.



### 4. Cook chicken

Pat **chicken** dry, then toss with **1 tablespoon flour**; season lightly with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium skillet over medium-high until just starting to smoke. Add chicken; cook, without stirring, until well browned on one side, 3 minutes. Stir and continue to cook until cooked through, about 2 minutes more. Transfer to a plate.



### 2. Mix sauce

Into a small bowl, finely grate **1 tablespoon onion** and **2 teaspoons ginger** (peel, if desired). Stir in **mirin, tamari, 2 tablespoons water**, and **1 teaspoon sugar**.



### 5. Cook sauce

Heat **2 teaspoons oil** in same skillet over medium. Add **sliced onions**; cook until softened and golden brown, 3-4 minutes. Add **chicken** and **sauce**; cook until slightly thickened, 1-2 minutes. Serve **chicken shogayaki** over **rice** with **tomatoes, shredded cabbage**, and a **dollop of mayonnaise** alongside, if desired. Sprinkle **shichimi togarashi** over top and serve.



### 3. Prep veggies

Thinly slice **remaining onion**. Cut **tomatoes** in half.



### 6. Serve

Enjoy!