

# MARLEY SPOON



## Sweet & Sticky Glazed Chicken Breast

with Sesame Broccoli & Pickled Radishes



20-30min



2 Servings

Furikake is a Japanese seasoning that combines dried seaweed, sesame seeds, sugar, and salt. We add this blend to sushi rice, giving it a deep umami flavor, and serve it alongside teriyaki-glazed chicken breasts. Roasted broccoli tossed in toasted sesame oil and crunchy quick-pickled radishes are the perfect accompaniments, adding delightful layers of texture.



## What we send

- 5 oz sushi rice
- 1 radish
- ½ lb broccoli
- 12 oz pkg boneless, skinless chicken breasts
- ½ oz toasted sesame oil <sup>1</sup>
- 2 oz teriyaki sauce <sup>2,3</sup>
- ¼ oz furikake <sup>1</sup>

## What you need

- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- sugar
- neutral oil

## Tools

- small saucepan
- rimmed baking sheet
- medium nonstick skillet

## Allergens

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

## Nutrition per serving

Calories 680kcal, Fat 22g, Carbs 73g, Protein 49g



### 1. Cook rice

Preheat oven to 450°F with a rack in the upper third. In a small saucepan, combine **rice**, **1 cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to low, and cook until rice is tender and water is absorbed, about 15 minutes. Keep covered until ready to serve.



### 2. Pickle radishes

Trim ends from **radishes**, then cut into thin matchsticks. In a medium bowl, whisk to combine **1 tablespoon vinegar**, **1 teaspoon sugar**, and **a pinch of salt**. Add radishes and stir to combine. Set aside to pickle at room temperature, stirring occasionally, until ready to serve.



### 3. Roast broccoli

Trim stem ends from **broccoli**, then cut crowns into ½-inch florets. On a rimmed baking sheet, toss broccoli with **1 tablespoon neutral oil** and **a pinch each of salt and pepper**. Roast on upper oven rack until lightly browned and tender, 10-12 minutes. Remove from oven and carefully toss with **2 teaspoons sesame oil**.



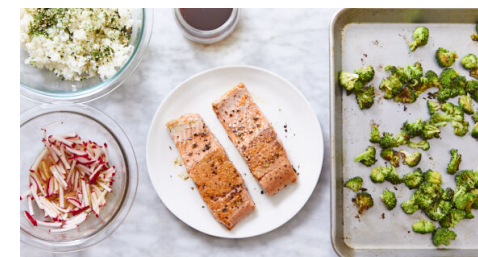
### 4. Prep chicken

While **broccoli** roasts, pat **chicken** dry. Season all over with **salt** and **pepper**. Heat **1 tablespoon neutral oil** in a medium nonstick skillet over medium-high until shimmering. Add chicken and cook until golden brown on bottom, 3-4 minutes.



### 5. Cook chicken

Continue to cook, flip **chicken** and cook until cooked through, about 3-4 minutes more. Transfer to a cutting board to rest, 5 minutes. Pour off any **oil** from skillet.



### 6. Make glaze & serve

Add **teriyaki sauce** and **2 tablespoons water** to same skillet. Bring to a simmer and cook until slightly thickened, 2-3 minutes. Stir **furikake** into **rice**. Serve **chicken** with **glaze** spooned over top and with **rice**, **pickled radishes**, and **broccoli** alongside. Enjoy!