



Chicken & Miso-Tahini Sauce

with Carrots and Potatoes



30-40min



2 Servings

We love this miso-tahini sauce so much we developed this recipe specifically to go with it. It's addictive as a dip or dressing but we're especially fond of dragging these roasted potatoes through it. Start roasting the vegetables while you brown the chicken for a satisfying meal that comes together with little effort.

What we send

- 2 Yukon gold potatoes
- 1 bag carrots
- 12 oz pkg boneless, skinless chicken thighs
- 1 oz tahini ¹
- 0.63 oz miso paste ²
- 2 lemons
- ½ oz fresh parsley

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- large skillet

Allergens

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

Nutrition per serving

Calories 740kcal, Fat 39g, Carbs 53g, Protein 55g



1. Prepare vegetables

Preheat oven to 425°F with a rack in the center. Scrub **potatoes**, then cut crosswise into ¼-inch thick slices. Peel **carrots** and cut crosswise into 3-inch pieces (halve lengthwise, if very thick).



2. Roast vegetables

Toss **potatoes** and **carrots** on a rimmed baking sheet with **2 tablespoons oil**; season with **salt** and **pepper**. Roast on center oven rack until lightly browned, about 20 minutes.



3. Brown chicken

Heat **1 tablespoon oil** in a large skillet over medium-high. Season **chicken** all over with **salt** and **pepper**. Cook chicken until well browned, but not cooked through, about 3 minutes per side.



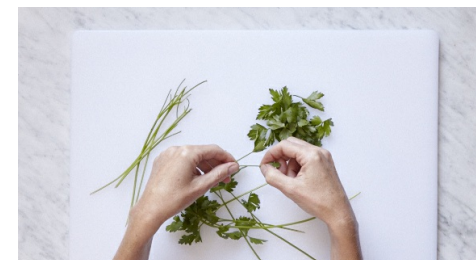
4. Finish chicken

Transfer **chicken** to baking sheet with **vegetables** and continue to roast on center oven rack until vegetables are tender and chicken is cooked through to 165°F, 5–10 minutes.



5. Make miso-tahini sauce

Meanwhile, in a small bowl, whisk together **tahini** and **1 tablespoon miso**. Squeeze **3 tablespoons lemon juice** into bowl, whisking until smooth. Cut any remaining lemon into wedges. (If sauce is too thick, whisk in 1 tablespoon water at a time as needed.)



6. Serve

Pick **parsley leaves** from stems. Transfer **chicken and vegetables** to a platter, then top with **parsley** and spoon **some of the miso-tahini sauce** over top. Serve **remaining miso-tahini sauce** with **any lemon wedges** alongside. Enjoy!