

# DINNERLY



**LOW CALORIE**

**LOW CARB**

## Miso-Garlic Chicken with Roasted Brussels Sprouts & Carrots



20-30min



2 Servings

This dish will trick your taste buds into thinking you're eating your favorite Asian take-out, but joke is on them because it's homemade and healthier! Rather than stir-frying with noodles or rice, we sub in hearty vegetables and lean chicken breast coated in a sticky combination of savory miso and tangy chili garlic sauce. We've got you covered!

## WHAT WE SEND

- ½ lb Brussels sprouts
- 2 carrots
- 1 oz white miso <sup>1,2</sup>
- 1 pkt chili garlic sauce
- ½ lb pkg boneless, skinless chicken breasts

## WHAT YOU NEED

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

## TOOLS

- rimmed baking sheet
- medium nonstick skillet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 420kcal, Fat 22g, Carbs 25g, Protein 32g



### 1. Roast veggies

Preheat oven to 450°F with a rack in the center. Trim and discard ends from **Brussels sprouts**, then halve or quarter if large. Scrub **carrots**, then cut on angle into ¼-inch thick slices. On a rimmed baking sheet toss Brussels sprouts and carrots with **1½ tablespoons oil** and **a pinch each salt and pepper**. Roast on center rack until veggies are tender and browned in spots, 15–20 minutes.



### 2. Prep chicken

Meanwhile, in a small bowl, stir to combine **miso**, **all of the chili garlic sauce** (or start with ½ teaspoon depending on heat preference), and **½ teaspoon sugar**. Pat **chicken** dry, then season all over with **salt** and **pepper**. Spread **1 teaspoon miso garlic paste** over one side of each chicken breast. Set aside remaining miso garlic paste for step 5.



### 3. Cook chicken

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **chicken** to skillet, miso side-down, and cook until browned on bottom, 1–3 minutes (reduce heat if browning too quickly). Flip chicken and cook until cooked through, 2–4 minutes. Transfer chicken to a plate and cover to keep warm.



### 4. Make pan sauce

Heat **2 tablespoons vinegar** and **½ tablespoon oil** in same skillet over medium-high. Simmer, scraping up any browned bits from the bottom, until sauce is slightly reduced, about 1 minute. Stir in **any resting chicken juices** from plate; season to taste with **salt** and **pepper**.



### 5. Finish & serve

Toss **roasted vegetables** with **remaining miso garlic paste** until evenly coated; season to taste with **salt** and **pepper**. Serve **miso-garlic chicken** with **roasted Brussels sprouts and carrots** alongside. Drizzle **pan sauce** all over. Enjoy!



### 6. Carbo load

If you're craving carbs, you could make a brown rice pilaf with finely chopped shallots or garlic to serve alongside.