

MARLEY SPOON



Tempura Chicken Fingers

with Togarashi Mayo & Sesame Broccoli



20-30min



2 Servings

Shichimi togarashi is a Japanese seasoning that combines seven flavorful ingredients, including red chili pepper, sesame seeds, ginger, and dried seaweed. We mix the robust blend into creamy mayonnaise, for an out-of-this-world sauce to serve with crisp, tempura-battered chicken tenders. Move over, honey mustard: There is a new favorite dipping sauce in town!

What we send

- garlic (use 1 large clove)
- 12 oz pkg boneless, skinless chicken breasts
- 2 (½ oz) tamari in fish-shaped pods ⁶
- 1 oz rice vinegar
- ½ lb broccoli
- 2 carrots
- toasted sesame seeds ¹¹
- 2 oz mayonnaise ^{3,6}
- Shichimi togarashi ¹¹

What you need

- sugar
- neutral oil, such as vegetable
- kosher salt & ground pepper
- all-purpose flour ¹

Tools

- rimmed baking sheet
- medium heavy skillet

Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 860kcal, Fat 58g, Carbs 43g, Protein 48g



1. Prep marinade

Preheat oven to 450° F with rack in upper third of oven. Peel and finely chop **1 teaspoon garlic**. Pat **chicken** dry, then cut into ¾-inch strips. In a medium bowl, combine **all of the tamari**, **1 tablespoon of the rice vinegar**, **½ teaspoon of the garlic**, and **½ teaspoon sugar**, whisking until sugar dissolves.



2. Marinate chicken

Transfer **chicken** to bowl with marinade, stirring to combine. Let stand at room temperature while you prepare the recipe.



3. Roast broccoli & carrots

Cut **broccoli** into 1-inch florets. Scrub **carrots**; trim ends and cut into ¼-inch slices on an angle. Transfer to rimmed baking sheet; toss with **1 tablespoon oil**. Season with **salt** and **pepper**. Transfer to upper third of oven, then roast until tender and browned in spots, about 15 minutes. Remove from oven; toss with **2 teaspoons sesame seeds** and a **drizzle of oil**.



4. Season mayo

In a small bowl, combine **mayonnaise**, **1 teaspoon each oil and water**, **remaining ½ teaspoon garlic**, and **¼ teaspoon of the shichimi togarashi**. Season to taste with **salt** and **pepper**.



5. Make batter

In a large bowl, whisk together **½ cup each flour and water**, and a **generous pinch salt and pepper**. Working in batches, lift **chicken** out of **marinade**, letting any excess liquid drip back into the bowl, and transfer to a plate. Discard marinade.



6. Fry chicken & serve

Line a wire cooling rack with paper towels. Heat **¼-inch of oil** in a medium heavy skillet until shimmering. Working in batches, dip **chicken** in batter, then transfer to a skillet. Cook until browned and cooked through, about 4 minutes. Drain on prepared cooling rack, then season with **salt**. Serve **chicken** and **vegetables** with **togarashi mayo**. Enjoy!