



Miso Glazed Chicken & Brussels

with Pickled Radish Rice



30-40min



2 Servings

Chicken thighs and rice get a major upgrade. Coated with a thick miso glaze, the chicken skin transforms into a gorgeous, sweet crust in a hot oven. Rice is seasoned with a little vinegar and sugar and tossed with bright slices of quick-pickled radishes. It'll have that pleasing sweetness of sushi rice, plus some crunch from the radish. We didn't forget your greens—Brussels sprouts roast up unt...

What we send

- sushi rice
- scallions
- fresh ginger
- garlic clove
- brussels sprouts
- bone in, skin on chicken thighs
- dark brown sugar
- rice wine vinegar
- radishes

What you need

- coarse salt
- freshly ground black pepper
- sugar

Tools

- fine-mesh sieve
- rimmed baking sheet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

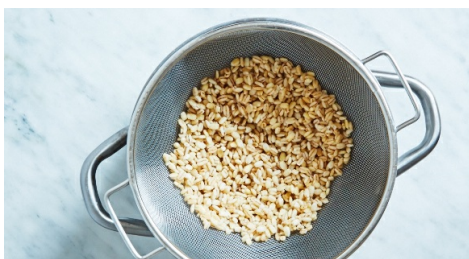
Nutrition per serving

Calories 790.0kcal, Fat 20.0g, Proteins 52.7g, Carbs 93.7g



1. Prep ingredients

Preheat oven to 450°F with racks in upper and lower third position. Lightly brush a large rimmed baking sheet with oil. Drain tofu and pat dry with several layers of paper towels. Cut crosswise into 8 slices. Peel and trim carrots and cut into 1/4-inch slices (cut in halves or quarters lengthwise if thick first). Peel and finely grate ginger.



4. Make barley

Meanwhile, bring a small pot of salted water to a boil. Add barley and cook until chewy-tender, 7-8 minutes. Drain well.



2. Make dressing

In a small bowl, whisk ginger, miso, vinegar, sesame oil, and 2 tablespoons hot water. Whisk in 1/4 cup oil in a very thin stream until smooth.



5. Toss salad

Put spinach, carrots, and barley into a large bowl and toss with 3 tablespoons dressing.



3. Roast tofu and carrots

Arrange tofu on 1/2 of the baking sheet and brush tops with 2 tablespoons dressing. Arrange carrots on other half and toss with 1 tablespoon oil. Season with 1/4 teaspoon salt. Roast on lower rack until sizzling and carrots are tender, about 15 minutes. Turn on broiler. Shift baking sheet to top rack and broil until golden, 2-4 minutes (watch closely).



6. Assemble and serve

Transfer salad to a platter and using a spatula, arrange tofu on top. Drizzle with remaining dressing and sprinkle with furikake. Enjoy!