



NUTRITION *per serving* 13g carbohydrates 23g fat 43g protein 1485mg sodium | low-calorie, low-carb, gluten-free, dairy-free, nut-free



Calories
407



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy



HOME CHEF

CUSTOMER FAVORITE

Miso Lemongrass Seared Chicken

with sesame-soy red peppers and broccolini

IN YOUR BOX

- 1 Red Bell Pepper
- 10 oz. Broccolini
- 2 Green Onions
- 2 Boneless Skinless Chicken Breasts
- 1 Lemongrass, stalk
- 2 Tbsp. Miso Paste–Gluten-Free
- 1 tsp. Chopped Ginger
- 1 fl. oz. Soy Sauce–Gluten-Free
- .17 fl. oz. Toasted Sesame Oil

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- 2 Medium Non-Stick Pans
- Wire-Mesh Strainer
- Mixing Bowl

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Soy sauce** is used twice. Half is added to **broth** and remaining flavors **vegetables**.
- **Heads Up!** **Green onions** are used twice. Half are added to **broth** and remaining garnish **dish**.

FROM THE CHEF

Lemongrass is very woody and not easily digestible. Be sure to discard pieces before serving.

Did you know...

To get the full effect of lemongrass, you have to crush it before using, which releases essential oils locked inside its cell walls.



1

Prepare the Ingredients

Stem, seed, and slice **red bell pepper** into thin strips (julienne). Trim ends from **broccolini** and cut into 2-inch pieces. Trim and thinly slice **green onions** on an angle. Rinse **chicken breasts**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



2

Smash the Lemongrass

Carefully slice **lemongrass** in half lengthwise. Smash **lemongrass halves** on a cutting board with a heavy pan to release their flavorful oils. *If you haven't cooked with lemongrass before, pick up a piece and smell it. It's wonderfully aromatic.*



3

Sear and Cook the Chicken

Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **chicken** to hot pan and cook 3-4 minutes on one side, or until browned. Flip chicken, add **miso**, 1 cup **water**, smashed **lemongrass**, **ginger**, half the **soy sauce**, half the **green onions**, and bring to a boil. Lower heat to medium, cover, and cook 10-12 minutes, turning occasionally, or until chicken reaches a minimum internal temperature of 165 degrees.



4

Saute the Vegetables

While chicken cooks, heat another medium non-stick pan over medium-high heat with 1 Tbsp. **olive oil**. Add **broccolini** and **red bell pepper** to hot pan. Cook 3-4 minutes, or until just beginning to caramelize. Add remaining **soy sauce** and **sesame oil** and cook 1 minute. Remove from burner and set aside.



5

Strain the Miso-Ginger Broth

Remove **chicken breasts** to a plate. Let rest 5 minutes before serving. Place a wire-mesh strainer over a mixing bowl. Carefully strain **miso-ginger broth** through strainer and reserve. *Lemongrass is not easily digested, so be sure to discard before serving.*



6

Plate the Dish

Add strained **broth** to a shallow bowl or plate. Arrange **chicken breasts** and **vegetables** on bowl or plate and garnish with remaining **green onions**.