



NUTRITION *per serving* 29g carbohydrates 24g fat 42g protein 1290mg sodium | low-calorie, low-carb, gluten-free, dairy-free, shellfish-free, nut-free



Calories
480



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

4 tsp. Miso Paste—Gluten-Free
1 oz. Honey
2 fl. oz. Toasted Sesame Oil
2 Anjou Red Pears
2 Romaine Hearts
2 Basil Sprigs
4 Boneless Skinless Chicken Breasts
2 fl. oz. Seasoned Rice Vinegar
2 Tbsp. Lemongrass Puree
12 Wooden Skewers

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
2 Mixing Bowls
Grill Pan or Outdoor Grill

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HOME CHEF

Grilled Miso-Honey Chicken Skewers

with basil-lemongrass romaine salad

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.
- Whether it's a baking sheet in the oven or a pan on the stove, you never want to overcrowd your pan. Add a second baking sheet or cook in batches when necessary for delicious, golden-brown results.
- **Heads Up!** **Basil** is used twice. Most is added to **dressing** and a pinch garnishes the dish.

FROM THE CHEF

Ripen hard pears in 1-2 days by closing them in a paper bag alone or with a banana, apple, or tomato.

Did you know...

Lemongrass is a fragrant, reedy herb popular in many Asian cuisines.



1

Prepare the Ingredients

Combine **miso paste**, **honey**, and **sesame oil** in a small mixing bowl. Set aside. Core and cut **pear** into ¼" dice. Hold **romaine head** at root end and chop coarsely. Stem **basil**, stack leaves, roll into a long cylinder, and slice across the length to create very thin strips. Rinse **chicken breasts** and pat dry. On a separate cutting board, slice each chicken breast lengthwise into thirds, then halve each piece to create 24 long strips.



2

Make the Dressing

In a large mixing bowl, combine **seasoned rice vinegar**, **lemongrass**, 2 Tbsp. **olive oil**, and **basil** (reserve a pinch for garnish). Season with ¼ tsp. **salt** and a pinch of **pepper**. Refrigerate until ready to plate.



3

Assemble the Skewers

Thread two **chicken pieces** onto each skewer and set aside on a plate. Season both sides with 1 tsp. **salt** and a pinch of **pepper**.



4

Cook the Skewers

Heat outdoor grill or grill pan over medium heat. Coat grill pan with **cooking spray**. Working in batches if needed, add **chicken skewers** to hot grill and cook until well-charred and chicken reaches a minimum internal temperature of 165 degrees, 3-4 minutes per side. Transfer to plate or baking sheet. Brush each cooked skewer with **miso-honey mixture**.



5

Toss the Salad

Place **romaine** and **pear** in bowl containing dressing. Toss to combine all ingredients.



6

Plate the Dish

Place a serving of **salad** on a plate. Add **three skewers** to each plate. Garnish with remaining **basil**.