



**NUTRITION** *per serving* 27g carbohydrates 26g fat 50g protein 1733mg sodium | CONTAINS soy, nuts | calorie-conscious, carb-conscious



Calories  
**542**



Prep & Cook Time  
**20-30 min.**



Cook Within  
**5 days**



Difficulty  
**Easy**



Spice Level  
**Medium**

#### IN YOUR BOX

- 1 Slicer Cucumber
- 3 oz. Edamame
- 2 Green Onions
- 1 Red Fresno Chile
- 2 Garlic Cloves
- 2 Boneless Skinless Chicken Breasts
- 1 fl. oz. Seasoned Rice Vinegar
- 1 oz. Roasted Peanuts
- 2 fl. oz. Mirin
- 1 fl. oz. Soy Sauce

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Mixing Bowl
- Medium Non-Stick Pan

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## Japanese Chicken with cucumber-edamame 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

- **Heads Up!** Green onions are used twice. **Green portions** are added to **salad**, and **white portions** are added to **sauce**.
- **Spice Alert!** **Fresno chile** adds heat comparable to fresh jalapeño. Use to taste or omit to suit your spice preference. Be sure to wash hands and cutting board after prepping. Speaking of Fresno chile, it is used twice. 1 tsp. is added to **sauce** and remaining garnishes dish to taste.

## FROM THE CHEF

To get a good sear on the chicken, make sure your pan is hot, put the smooth side of the chicken breast down first, gently press in place for a few seconds, and then try not to move the chicken for the first 2-3 minutes.

### Did you know...

Edamame is a preparation of immature soybeans in the pod, found in many Asian cuisines. When the beans are outside the pod, like in this dish, the term mukimame is sometimes used.



1

### Prepare the Ingredients

Trim **cucumber**, quarter lengthwise, and cut into ½” slices. Rinse **edamame** under warm water if still frozen. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Stem, seed, and mince **Fresno chile**. Mince **garlic**. Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

### Make the Salad

Combine **cucumber**, **edamame**, **seasoned rice vinegar**, **green portions of green onions**, **peanuts**, and a pinch of **pepper** in a medium mixing bowl.



3

### Sear the Chicken

Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan. Cook undisturbed until browned, 2-3 minutes. Transfer chicken to a plate. *Chicken will finish cooking in a later step.* Reserve pan; no need to wipe clean.



4

### Make the Sauce

Return pan used to sear chicken to medium heat. Add 1 tsp. **olive oil**, **garlic**, **white portions of green onions**, and 1 tsp. **Fresno chile** (reserve remaining for garnish) to hot pan. *Use less Fresno if spice adverse.* Stir constantly, 30 seconds. Add **mirin** and **soy sauce**.



5

### Finish the Chicken

Return **chicken** to pan with **sauce** and cook, flipping occasionally, until sauce glazes chicken and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes. Remove from burner.



6

### Plate the Dish

Slice **chicken**. Place **salad** on a plate. Place some **sauce** on plate, fan chicken slices on top of sauce, and drizzle remaining sauce over chicken. Garnish with remaining **Fresno** to taste.