



- In your box**
- 13 oz. Boneless Skinless Chicken Breasts
  - 1 tsp. Miso Paste
  - 1 Tbsp. Chopped Ginger
  - 1 fl. oz. Ponzu Sauce
  - 8 oz. Carrot
  - 10 oz. Cremini Mushrooms
  - 2 Garlic Cloves
  - 2 Green Onions
  - ½ fl. oz. Honey



## Bento Box Chicken

with carrots and cremini mushrooms

NUTRITION per serving—Calories: 454, Carbohydrates: 27g, Fat: 19g, Protein: 43g, Sodium: 1641mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
35-45 min.

Cook Within  
5 days

Difficulty Level ● ● ● ● ●  
Intermediate

Spice Level ● ● ● ● ●  
Not Spicy

## ① You will need

Olive Oil, Salt, Pepper

Large Oven-Safe Pan, Mixing Bowl, Medium Non-Stick Pan

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **green onions, garlic**



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### Prepare the Ingredients

- Cut **mushrooms** into ½" slices.
- Peel, trim, and cut **carrot** on an angle into ¼" slices.
- Trim and cut white portions of **green onions** into 1" lengths. Cut green portions of green onions thinly on an angle. Keep white and green portions separate.
- Mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



2

### Roast the Vegetables

- Place a large oven-safe pan over medium-high heat and add 1 Tbsp. **olive oil**.
- Add **carrots, mushrooms,** and ¼ tsp. **salt** to hot pan. Stir often until vegetables lightly browned, 3-4 minutes.
- Stir in **ginger, white portions of green onions,** half the **garlic** (reserve remaining for sauce), a pinch of salt, and ¼ tsp. **pepper**.
- Place pan in hot oven and roast until vegetables are tender, 8-10 minutes.
- While vegetables roast, make sauce.



3

### Make the Sauce

- Combine **ponzu sauce, honey, miso paste,** half the **green portions of green onions** (reserve remaining for garnish), remaining **garlic,** 1 tsp. **olive oil,** and a pinch of **pepper** in a mixing bowl. Stir until miso paste is dissolved. Set aside.



4

### Cook the Chicken

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **chicken** to hot pan and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner.



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### Finish the Dish

- Plate dish as pictured on front of card, placing **chicken** on **sauce** and garnishing **vegetables** with reserved **green portions of green onions**. Bon appétit!