



### In your box

- ½ oz. Toasted Sesame Oil
- 1 tsp. Sambal
- ½ fl. oz. Honey
- 12 oz. Broccoli Florets
- 2 tsp. Miso Paste
- 1 tsp. Asian Garlic and Ginger Seasoning
- 2 Garlic Cloves

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets

### You will need

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



## Honey-Miso Chicken

with sesame broccoli

NUTRITION per serving—Calories: 442, Carbohydrates: 18g, Fat: 22g, Protein: 44g, Sodium: 1335mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
\*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Medium

## 👑 Before you cook

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

- ☐ If using fresh produce, thoroughly rinse and pat dry

### Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Step 1, seasoning with 1/4 tsp. **salt** and a pinch of **pepper** and Step 4.
- If using **salmon**, follow same instructions as chicken in Step 1, seasoning with 1/4 tsp. salt and a pinch of pepper on flesh side. Place salmon in hot pan, flesh-side down. Cook until salmon reaches minimum internal temperature, 4-6 minutes per side. Follow same instructions as chicken in Step 4, spooning sauce over salmon until coated (do not flip).

#### Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



### Start the Chicken

- Pat **chicken** dry, and season both sides with a pinch of **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add chicken to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- While chicken cooks, prepare ingredients.



### Prepare the Ingredients

- Cut **broccoli** into bite-size pieces, if necessary.
- Mince **garlic**.
- In a mixing bowl, combine **miso paste**, **honey**, and half the **sambal**. Taste, and add more sambal, if desired. Set aside.



### Cook the Broccoli

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **broccoli**, **seasoning blend**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until tender, 5-7 minutes.
- Add **garlic** and stir constantly until aromatic, 30-60 seconds.
- Remove from burner and drizzle with **sesame oil** (to taste).



### Make Sauce and Finish Dish

- Keep pan with **chicken** over medium heat and transfer chicken to a plate. Add **miso-honey mixture** to pan and bring to a simmer. Once simmering, cook until mixture thickens slightly, 1-2 minutes.
- Remove from burner. Return chicken to pan and flip until chicken is coated.
- Plate dish as pictured on front of card, spooning sauce over chicken. Bon appétit!