



MISO HONEY-GLAZED CHICKEN

with Spicy Roasted Veggie Jumble & Sesame Seeds

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



8 oz | 16 oz
Brussels Sprouts



1 | 2
Red Onion



1 tsp | 2 tsp
Korean Chili Flakes



2 | 4
Scallions



1 Clove | 2 Cloves
Garlic



10 oz | 20 oz
Chicken Cutlets



2 tsp | 4 tsp
Honey



1 | 2
Miso Sauce Concentrate
Contains: Soy



1 TBSP | 2 TBSP
Sesame Seeds
Contains: Sesame



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 670



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 510



HELLO FRESH

HELLO

MISO HONEY GLAZE

The combination of salty-savory miso and sweet honey makes a perfectly balanced glaze for juicy chicken.

CRISPY BUSINESS

Try arranging your Brussels sprouts cut sides down in Step 2. This will give them more surface area for browning, resulting in crispier sprouts!

BUST OUT

- Peeler
- Paper towels
- Baking sheet
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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Chicken is fully cooked when internal temperature reaches 165.

🔄 *Salmon is fully cooked when internal temperature reaches 145*.



1 START PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and quarter **Brussels sprouts** lengthwise (**halve any smaller sprouts**). Halve, peel, and cut **onion** into ½-inch-thick wedges.



4 MAKE SAUCE

- Heat **2 TBSP butter** (**4 TBSP for 4 servings**) in pan used for chicken over medium heat. Add **scallion whites** and **garlic**; cook, stirring, until fragrant, 30 seconds.
- Stir in **honey, miso sauce concentrate,** and **¼ cup water** (**½ cup for 4**). Bring to a simmer and cook, stirring occasionally, until glaze has thickened slightly, 2-3 minutes more. (**TIP: If glaze does not come together, stir in a splash of water.**) Taste and season with **salt and pepper** if desired.



2 ROAST VEGGIES & FINISH PREP

- Toss **carrots, Brussels sprouts,** and **onion** on a baking sheet with a **large drizzle of oil** and **chili flakes** to taste; season with **salt**. Roast on top rack until carrots are tender and Brussels sprouts are lightly charred, 18-20 minutes.
- Meanwhile, trim and thinly slice **scallions**, separating whites from greens. Peel and mince or grate **garlic**.



5 TOSS VEGGIES

- Once veggies are done roasting, sprinkle with **sesame seeds**; toss to coat.



3 COOK CHICKEN

- Pat **chicken*** dry with paper towels and season all over with **salt and pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board; reserve pan.

- 🔄 Swap in **salmon*** for chicken. Cook (skin sides down) until skin is crisp, 5-7 minutes. Flip and cook until cooked through, 1-2 minutes more. Transfer to a plate.



6 FINISH & SERVE

- Thinly slice **chicken** crosswise.
- Divide chicken and **veggies** between plates. Drizzle chicken with **glaze** and sprinkle everything with **scallion greens**. Serve.
- 🔄 Divide **salmon** (**no need to slice!**) between plates along with **veggies**.

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