



HONEY MISO BROCCOLI & SWEET POTATO DONBURI

with Scallion Rice, a Fried Egg & Sriracha Mayo

HALL OF FAME

INGREDIENTS

2 PERSON | 4 PERSON



2 | 2
Scallions



1 | 2
Sweet Potato



8 oz | 16 oz
Broccoli Florets



1 | 1
Lime



½ Cup | 1 Cup
Jasmine Rice



1 | 2
Miso Sauce Concentrate
Contains: Soy



2 tsp | 4 tsp
Honey



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



1 tsp | 1 tsp
Sriracha



2 | 4
Eggs
Contains: Eggs



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



10 oz | 20 oz
Chicken Cutlets

Calories: 800



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 960



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 610



HELLO





HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

BREAK AN EGG

Instead of chasing pieces of broken shell with a spoon, use one of the broken halves of your eggshell to scoop it up—the jagged edge will cut right through the viscous white.

BUST OUT


- Peeler
 - Small bowl
 - Small pot
 - Large pan
 - Baking sheet
 - Paper towels  
 - Large bowl
-
- Kosher salt
 - Black pepper
 - Cooking oil (4 tsp | 4 tsp) (1 tsp | 1 tsp)  


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*Wash hands and surfaces after handling raw eggs. Cook until yolks and whites are firm. Consuming raw or undercooked eggs may increase your risk of foodborne illness.

 *Chicken is fully cooked when internal temperature reaches 165°.

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



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Peel and halve **sweet potato** lengthwise; cut crosswise into ¼-inch-thick half-moons. (TIP: For speedier **spud prep**, skip the peeling!) Cut **broccoli florets** into bite-size pieces if necessary. Quarter **lime**.



4 MAKE DRESSING & MAYO

- Meanwhile, in a large bowl, combine **miso sauce concentrate**, **honey**, and a **big squeeze of lime juice** to taste.
- In a small bowl, combine **mayonnaise** with **Sriracha** to taste. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **scallion whites**; cook until slightly softened, 1 minute.
- Stir in **rice**, **¾ cup water** (1½ cups for 4 servings), and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



5 FRY EGGS

- When veggies are almost done, heat a **drizzle of oil** in a large, preferably nonstick, pan over medium heat. Once hot, crack **eggs*** into pan and cover. (For 4 servings, you may want to cook eggs in batches.) Fry eggs to preference. Season with **salt** and **pepper**.



 Use pan used for chicken or salmon here.





3 ROAST VEGGIES

- While rice cooks, toss **sweet potato** on one side of a baking sheet with a **drizzle of oil**, **salt**, and **pepper**.
- Toss **broccoli** on empty side with a **drizzle of oil**, **salt**, and **pepper**.
- Roast on top rack until veggies are browned and tender, 15-20 minutes. TIP: If **broccoli finishes before sweet potato**, remove from sheet and continue roasting sweet potato.

-  Pat **chicken*** or **salmon*** dry with paper towels; season with **salt** and **pepper**.
-  Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken or salmon (**skin sides down**); cook chicken until cooked through, 3-5 minutes per side, or cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a cutting board to rest.



6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt** and **pepper**.
- Add **broccoli** to bowl with **honey-miso dressing**; toss to coat.
- Divide rice between bowls; top with broccoli and drizzle with remaining dressing in bowl. Add **sweet potato** and **fried eggs**. Drizzle with **Sriracha mayo** and sprinkle with **scallion greens**. Serve with any **remaining lime wedges** on the side.

-  Thinly slice **chicken**; serve chicken or **salmon** atop **rice**.

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