



# 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

### 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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### 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.



### 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**.



### 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.



### 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.



### 5 TOSS VEGGIES

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



### 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**.

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

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