



Product Spotlight: Eggplant

Eggplants are super versatile and loved for their creamy texture after cooking. The eggplant is commonly known as a vegetable but is a member of the berry family!



Glazed Chicken with Miso Soup & Noodles

This glazed chicken and miso soup is quick, simple and warming! Chicken and vegetables roasted in a sweet and savoury glaze served with miso soup, noodles, and fresh watercress with togarashi spice sprinkled over!



25 minutes



2 servings



Chicken

14 July 2023

Stir-fry it!

Use the glaze and tare to stir-fry with the chicken and vegetables. Toss the noodles through, serve with fresh watercress and sprinkle over the togarashi spice mix.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	51g	17g	168g

FROM YOUR BOX

RICE VERMICELLI NOODLES	1 packet
ZUCCHINI	1
BABY EGGPLANT	1
CHICKEN TENDERLOINS	300g
GINGER	1 piece
TARE	50g
WATERCRESS	1 sleeve
TOGARASHI SPICE MIX	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), maple syrup

KEY UTENSILS

oven tray, saucepan

NOTES

Substitute maple syrup for honey, white sugar, brown sugar or coconut sugar if preferred.

The vegetables and chicken can be cooked on a griddle pan, on the BBQ or pan-fried with the glaze if preferred.

The togarashi has a mild spice level, use to taste.



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1. COOK THE NOODLES

Set oven to 220°C.

Bring a saucepan of water to a boil. Add noodles and cook for 8-10 minutes until al dente. Drain and rinse with cold water. Reserve saucepan for step 4.



2. MAKE THE GLAZE

Add **3 tsp maple syrup** (see notes), **1 1/2 tbsp soy sauce**, **2 tbsp oil** and **pepper** to a bowl. Whisk to combine.



3. PREPARE THE ROASTING TRAY

Slice zucchini and eggplant into rounds. Toss on a lined oven tray along with chicken (see notes) and glaze. Roast for 10-12 minutes until chicken is cooked through.



4. WARM THE BROTH

Peel and grate ginger. Add to reserved saucepan along with tare and **500ml water**. Bring to a simmer. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Divide noodles among bowls. Ladle in broth and top with roasted vegetables and chicken. Serve with watercress and sprinkle over togarashi (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

