

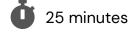




Miso Spring Onion Chicken

Brown Rice Bowl

This chicken and vegetable stir-fry has a surprising secret; miso and spring onion sauce, and it will have you coming back for more! Served over nutty brown rice, it's the perfect balance of warming and nourishing.







Spice it up!

This dish would love some heat! Add a sprinkle of dried chilli flakes, slices of fresh red chilli or a a few drops of your favourite hot sauce.

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

BROWN RICE	150g
SPRING ONIONS	1 bunch
ASIAN GREENS	1 bunch
GARLIC CLOVES	2
BEAN SHOOTS	1 bag
CHICKEN TENDERLOINS	300g
TARE	100g

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

KEY UTENSILS

2 frypans, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.





1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



2. PREPARE THE VEGETABLES

Cut spring onions into 3cm pieces (reserve green tops for step 5). Slice Asian greens. Crush garlic cloves and set aside with bean shoots.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat chicken in oil, salt and pepper. Add to pan and cook for 4 minutes each side (see step 5).



4. STIR-FRY THE VEGETABLES

Meanwhile, heat a second frypan over medium-high heat with oil. Add spring onions, Asian greens and 1/2 crushed garlic to the pan. Stir-fry for 2 minutes. Add bean shoots and cook for a further minute. Season to taste with salt and pepper.



5. MAKE THE MISO SAUCE

Remove chicken from pan. Thinly slice reserved spring onion green tops. Add 11/2 tbsp butter, spring onion green tops and remaining garlic to pan. Cook for 2 minutes. Reduce heat to medium, pour in tare and 3/4 cup water. Add chicken and cook until warmed through.



6. FINISH AND SERVE

Divide rice among bowls. Top with stir-fry and chicken. Spoon over miso sauce.

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



