



Product Spotlight: The Ugly Mug

Traditionally, tare is the 'secret sauce' that gives ramen soup its complex flavour. The Ugly Mug uses miso, sake, mirin and salt in its tare. We love its deep flavour and many applications, and we think you will too!



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.



25 minutes



2 servings



Chicken

30 June 2023

Spice it up!

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

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 45g | 19g | 50g |

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 **1 1/2 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.



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