




### 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

 4 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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	43g	17g	94g

## FROM YOUR BOX

RICE VERMICELLI NOODLES	1 packet
ZUCCHINI	1
BABY EGGPLANT	1
CHICKEN TENDERLOINS	600g
GINGER	1 piece
TARE	100g
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.



### 4. WARM THE BROTH

Peel and grate ginger. Add to reserved saucepan along with tare and **1L water**. Bring to a simmer. Season to taste with **salt and pepper**.



### 2. MAKE THE GLAZE

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



### 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).



### 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.

**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**

