




# Crispy Chicken and Miso Shrimp


## with Veggie Rice


Special


40 Minutes





- 


Chicken Breasts\*  
2 | 4
- 


Shrimp  
285 g | 570 g
- 


Vegetable Mix  
340 g | 680 g
- 


Cornstarch  
2 tbsp | 4 tbsp
- 


Green Onion  
2 | 4
- 


Basmati Rice  
¾ cup | 1 ½ cups
- 

Garlic Puree  
1 tbsp | 2 tbsp
- 

Vegetarian Oyster Sauce  
4 tbsp | 8 tbsp
- 

Crispy Shallots  
28 g | 56 g
- 

Chili-Garlic Sauce  
1 tbsp | 2 tbsp
- 

Sweet Chili Sauce  
4 tbsp | 8 tbsp
- 

Miso Broth Concentrate  
1 | 2

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities	56 g	113 g
	2 person	4 person

1



### Cook rice and prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **rice**, **garlic puree**, **¼ tsp** (½ tsp) **salt** and **1 ¼ cups** (2 ½ cups) **water** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.
- Thinly slice **green onions**, keeping **white** and **green parts** separate.
- Cut **broccoli florets** into bite-sized pieces.

4



### Cook veggies

- Re-heat the same pan from step 2 over medium.
- Add **vegetable mix** and **¼ cup** (½ cup) **water**. Season with **salt** and **pepper**, then increase heat to medium-high. Cook, stirring occasionally, until water evaporates, 5-7 min.
- Meanwhile, add **remaining oyster sauce** and **1 tbsp** (2 tbsp) **water** to the **remaining miso mixture**.
- Once **water** evaporates, add **1 tbsp** (2 tbsp) **oil**, then drizzle **half the miso mixture** over pan. Cook, stirring often, until **sauce** starts to caramelize, 1 min.

2



### Fry chicken

- Heat a large non-stick pan over medium-high. While the pan heats, pat **chicken** dry with paper towels.
- Cover **each chicken breast** with plastic wrap.
- Using a mallet or heavy-bottomed pot, carefully pound **each chicken breast** until ½-inch thick. Season with **salt** and **pepper**, then sprinkle with **cornstarch**. Flip to coat.
- Add **2 tbsp oil** (same for 4 ppl), then **chicken** to the hot pan. Pan-fry until golden-brown, 2-3 min per side.
- Transfer **chicken** to one side of an unlined baking sheet. Carefully wipe the pan clean.

5



### Finish rice

- Fluff **rice** with a fork.
- Add **rice** and **green onion whites** to the pan. Drizzle **remaining miso mixture** over top, then toss to combine.
- Spread **rice** in an even layer covering the bottom. Without removing the pan, turn the heat off. Let sit, without stirring, until **rice** on the bottom starts to crisp, 3-5 min.
- Add cooked **shrimp**. Toss to combine.

3



### Bake shrimp and chicken

- Meanwhile, drain, then pat **shrimp** dry with paper towels.
- Combine **miso broth concentrate** and **1 tbsp** (2 tbsp) **oyster sauce** in a small bowl.
- Add **shrimp**, **1 tbsp** (2 tbsp) **miso mixture** and **1 tbsp** (2 tbsp) **oil** to a medium bowl. Season with **pepper**, then toss to coat.
- Add **shrimp** to the other side of the unlined baking sheet.
- Bake **chicken** and **shrimp** in the **top** of the oven until cooked through, 8-10 min.\*\*

6



### Finish and serve

- Thinly slice **chicken**.
- Season **rice** with **salt** and **pepper**, then toss to combine.
- Divide **shrimp and veggie rice** between plates. Top with **chicken**. Drizzle **sweet chili sauce** over top.
- Sprinkle **crispy shallots** and **remaining green onions** over plates.
- Drizzle with **chili-garlic sauce**, if desired.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook chicken and shrimp to a minimum internal temperature of 74°C/165°F, as size may vary.



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