













READY TO COOK

# Miso-Maple Chicken Thighs & Rice

with Mushrooms & Spinach

2 < OR > 4 SERVINGS

-  12 | 24 oz Boneless, Skinless Chicken Thighs
-  1/2 | 1 cup Long Grain White Rice
-  3 | 6 oz Baby Spinach
-  4 | 8 oz Mushrooms
-  3 | 6 Tbsp East Asian-Style Sautéed Aromatics
-  1 | 2 Tbsp Sweet White Miso Paste
-  1 | 2 Tbsp Soy Sauce
-  2 | 4 Tbsp Maple Syrup
-  1 | 2 tsp Black & White Sesame Seeds
-  1 | 2 Single-Use Aluminum Tray



## Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

## Getting Started

**COOKING TOOLS**  
Aluminum Tray(s)

**FROM YOUR PANTRY**  
Olive Oil  
Salt  
Pepper

## Chef's Note

### FEATURED INGREDIENT

Ginger, garlic, and scallions are favorite ingredients at the heart of many Asian cuisines. Our chefs developed our blend of East Asian-style sautéed aromatics to help you create recipes that boast those same bold flavors, without all the prep work.

### COOKING TEMPERATURE




*The USDA recommends a minimum safe cooking temperature of:*  
165°F Chicken

Ingredients may be replaced and quantities may vary.

The tray provided should only be used for cooking. It is not suitable for storing ingredients prior to cooking or the finished recipe after baking. Oxidation may occur. When you're finished, rinse and recycle the tray.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of [blueapron.com](https://blueapron.com), nutrition information can be found on the retailer's product page. | Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

    
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### 1. Prepare the ingredients & make the base

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- ☐ Lightly coat the tray(s) with a drizzle of **olive oil**.
- ☐ In the prepared tray(s), combine the **spinach, rice, sautéed aromatics, soy sauce, and mushrooms** (tearing into bite-sized pieces before adding). Stir to combine.
- ☐ Add **1 cup of water** to the tray (or to each tray for 4 servings). Stir to thoroughly combine.



### 2. Add the chicken & start the tray

- ☐ Pat the **chicken** dry with paper towels. Season with salt and pepper on both sides.
- ☐ Arrange the **seasoned chicken** in an even layer on top of the **prepared base**.
- ☐ Tightly cover the tray(s) with foil and bake 38 minutes.
- ☐ Leaving the oven on, remove from the oven. Carefully remove the foil.



### 3. Finish the tray & serve your dish

- ☐ Meanwhile, in a bowl, whisk together the **miso paste** and **maple syrup**.
- ☐ Evenly top the **partially baked chicken** with the **miso-maple glaze**.
- ☐ Return to the oven and bake, uncovered, 7 to 9 minutes, or until the chicken is cooked through.
- ☐ Remove from the oven.
- ☐ Serve the **finished tray(s)** garnished with the **sesame seeds**. Enjoy!



## LIMITED TIME! Easy Prep Pizzas

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