Miso Chicken & Ginger Scallion Sauce

Recipe

Serves 6

Chicken
♦ 6 boneless, skinless chicken breasts (about 4 oz each)
♦ 2 teaspoon grapeseed oil

Marinade
♦ 3 tablespoons red miso paste
♦ 2 teaspoons sesame oil
♦ 2 tablespoons mirin
♦ 2 tablespoons water
♦ 1 tablespoon rice wine
♦ 2 teaspoons chopped ginger
♦ 2 teaspoons chopped garlic

Directions (Chicken)
1. In a small bowl combine all the marinade ingredients and mix well.
2. Marinade chicken for 1 hour or up to 24 hours.
3. Remove chicken from marinade; drain excess. Preheat oven to 400 degrees.
4. Heat oil in a large skillet over medium-high heat.
5. Cook chicken about 2 minutes per side, finish in the oven. Cook chicken until 160 degrees.

Ginger Scallion Sauce
♦ ¼ cup grapeseed oil
♦ 10 cloves garlic, finely minced
♦ ½ cup finely minced fresh ginger
♦ 2½ cups thinly sliced scallions (green and whites, from 1-2 large bunches)
♦ 2 teaspoons rice wine
♦ ½ teaspoon sugar
♦ 1½ teaspoons light soy sauce
♦ ½ teaspoon sea salt, more to taste
♦ 1/4 cup vegetable or chicken stock
♦ 2 teaspoons cornstarch
♦ 1/2 teaspoon sesame oil

Directions (Sauce)
1. Add ginger and garlic, cook just until fragrant and ginger begins to brown.
2. Add scallions into pot, stir, and cook 2 minutes, add rice wine, sugar and soy sauce. Cook for 5 minutes.
3. In a small bowl dissolve cornstarch into vegetable stock, stir into pot and cook just until thick. Remove from heat and stir in sesame oil. Serve with chicken.

Nutritional Information

Nutrition (Sauce)
Serving Size: 36 grams (1/4 cup)
Calories 64
Calories from fat 43
Total Fat 4.8 grams (7%)
Cholesterol 0 mg (0%)
Sodium 143mg (6%)
Total Carbohydrate 5.1 grams (2%)
Dietary Fiber 1.0 grams (4%)
 Sugars 1.0 grams
Protein 0.8 grams

Vitamins
Vitamin A: 4%
Vitamin C: 7%
Calcium: 2%
Iron: 4%

Nutrition Grade B

225 grams ~ 1 cup
% based on Daily Value
*based on a 2,000 calorie diet

Created, cooked, and provided by Culinary Chef Jessica Vanroo at
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