



MISO CHICKEN STIR FRY

WITH BROCCOLINI

DIFFICULTY: Easy | SERVES: 4 | READY IN: 35 minutes

Miso paste adds a delicious savoury flavour to this miso chicken stir fry.
A quick and easy meal to whip up on a busy weeknight.



CHICKEN AND VEGGIES

- 600g boneless, skinless chicken thighs (1lb 5oz)
- 1/3 cup cornflour (40g)
- 250g broccolini (8.8oz)
- 2 spring onions
- 2 Tbsp rice bran oil
- 1 cup frozen shelled edamame beans (155g)
- 1/4 cup white miso paste (70g)
- 1/4 cup water (60ml)
- 2 Tbsp apple cider vinegar
- 2 Tbsp mirin
- 2 Tbsp soy sauce
- 1 Tbsp sugar

TO SERVE

SAUCE

- 2 cloves garlic
- 1 tsp finely grated ginger
- 1 Tbsp sesame seeds
- 2 x 250g microwave pouches brown rice (2 x 8.8oz)

1. PREPARE CHICKEN AND VEGGIES

Dice chicken into 2cm (0.8in) pieces. Place in a clean resealable bag or container, season with salt and pepper and add cornflour. Shake to coat.

2. Trim any dry ends off the broccolini and thinly slice spring onions.

3. MAKE SAUCE

Crush garlic. Whisk together garlic, ginger, miso paste, water, vinegar, mirin, soy sauce and sugar.

4. TOAST SESAME SEEDS

Place a large frying pan or wok on medium heat. Add sesame seeds and toast until golden brown. Remove from pan and set aside.

5. COOK CHICKEN AND VEGGIES

Add oil to pan and increase heat to high. Add chicken and stir fry until golden brown and almost cooked through (about 5 minutes). Add broccolini and edamame beans and cook for 2 minutes. Pour in sauce and cook for a further 2-3 minutes, until sauce has thickened and veggies are tender.

6. SERVE

Microwave rice according to instructions on the packet. Divide between warmed serving bowls and top with chicken and veggies. Sprinkle with sesame seeds to finish.



WINE MATCH: A Riesling or a Gewürztraminer.

MISO CHICKEN STIR FRY RECIPE NOTES

GLUTEN-FREE OPTION: Make sure you choose gluten-free cornflour and gluten-free soy sauce. Check the ingredients list on the mirin too.

INGREDIENT SWAPS / NOTES: You could replace chicken with diced pork. Try broccoli instead of broccolini for a reduced cost version.

STORING AND REHEATING: Store individual portions in airtight containers in the fridge. Reheat in the microwave.