

MISO CHICKEN

SOURCE: GOURMET NUTRITION

15 MIN
PREPARATION
TIME

25 MIN
COOKING TIME

Ingredients:

- Red Miso Paste 1 tbs
- Coconut Milk 400ml
- Olive Oil /Cooking Spray
- Boneless Chicken Breast 500 grams
- Red Capsicum (large diced) 1 cup
- Onion (large diced) 1 cup
- Garlic (minced) 1 tbs
- Curry Powder 1 tbs
- Cumin ½ tsp
- Peach (small diced) 1 cup
- Broccoli Florets (small) 1 cup
- Asparagus (1 inch pieces) 1 cup
- Aged white cheddar (grated) 1 ½ cups

Directions:

Preheat the oven to 200 degrees celcius. Whisk miso and coconut milk until miso is dissolved. Preheat a non-stick frying pan on medium heat and lightly coat with spray. Add the chicken (in batches if necessary) and sauté till lightly brown on both sides. Transfer to a large casserole dish. Return pan to medium heat and re-spray. Add the red capsicum, onion, garlic, curry powder and cumin and sauté for 1 minute. Add miso mixture, peach, broccoli, asparagus and sauteed vegetables to casserole dish. Evenly top with grated cheese. Place in the oven and bake for 25 minutes or until the cheese is lightly browned.

Serves 3 large or 6 small



Variety and Options

- This is delicious eaten alone, but it's best served with Rice
- The Peach can be replaced with other fruits such as Pear, Nectarine and Prunes
- Feel free to replace the veggies with whatever is fresh and local

Enjoy!