

Chicken marinated in miso and maple syrup, crunchy vegetables, toasted sesame |

Recipe for 12 Tapas

Description

Well-roasted thighs, nicely caramelized in their marinade and accompanied by a mix of crunchy vegetables in vinaigrette.

Note

The marinade in this dish can stick easily during cooking, so we recommend using a non-stick pan.

Ingredients

Chicken

- 600 Gr Chicken thigh
- 30 Ml Soy sauce
- 15 Ml Miso
- 30 Ml Maple syrup
- 30 Ml Tomato paste
- 4 Clove(s) Chopped garlic
- Salt and pepper

Sides

- 1 Unit(s) Yellow pepper
- 1 Unit(s) Carrot
- 1 Small Red onion
- 0.25 Unit(s) Chinese cabbage
- 2 Unit(s) Green onion
- 1 Tsp Roasted sesame oil
- 1 Tbsp Dijon mustard
- 1 Tbsp Rice vinegar
- 2 Tbsp Canola oil
- Salt and pepper

Toppings

- 2 Tbsp White and black sesame seeds
- 4 Sprig(s) Coriander
- Salt and pepper

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **400 F°**

Set up

Combine tomato paste, soy, maple, miso and minced garlic in a bowl. Whisk marinade ingredients together well. Add chicken and coat well with marinade. Ideally, this should be done 3 to 4 hours before cooking, and set aside in the fridge.

Gut and slice the peppers, then cut into julienne strips (thin sticks).

Peel and julienne the carrot.

Finely chop the green onion and cabbage leaves.

Thinly slice the red onion.

Chicken

Put the chicken on a baking tray and bake in the oven for 50 minutes. Every 15 minutes, brush them with some sauce.

Make sure they are well cook before removing them from the oven.

Vegetable salad

Combine all the salad ingredients and marinate for 5 minutes before serving.

Season with salt and pepper if necessary.

Plating

Place the crisp vegetable salad on the bottom of the dishes.

Top with chicken glazed with marinade. Finish with a few coriander leaves and a sprinkling of sesame seeds.

Bon appétit!