Main dishes / Japan

Japanese short-grain rice with chicken breast and turnip · Japan

A complete grain dish with chicken breast, turnip and a Japan-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g Japanese short-grain rice
- ☐ 500 g turnip
- ☐ 10 g finely grated fresh ginger
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g chicken breast
- ☐ 25 g white miso paste
- ☐ 10 g sesame seeds

Let's make it.

01 Cook the Japanese short-grain rice in plenty of water according to its packet, then drain well.

02 Clean the turnip and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the turnip and cook for a few minutes. Add a splash of water, cover and cook for 12 minutes.

04 Cook the chicken breast in a separate frying pan until the centre reaches at least 74°C.

05 Combine the cooked grain, vegetables and main ingredient. Stir in the white miso paste, finely grated fresh ginger, sesame seeds and taste before serving.

AI-developed, not kitchen-tested.

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