Main dishes / Japan

Chicken braise with courgette and pak choi · Japan

A gentle chicken braise with courgette, pak choi and a light Japan-inspired sauce.

Time 45 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g chicken breast
- ☐ 300 g pak choi
- ☐ 25 g white miso paste
- ☐ 10 g sesame seeds
- ☐ 30 ml neutral cooking oil
- ☐ 350 g courgette
- ☐ 400 ml low-salt vegetable stock
- ☐ 10 g finely grated fresh ginger
- ☐ salt and pepper to taste

Let's make it.

01 Dice the chicken evenly. Clean and chop the vegetables and finely chop the onion.

02 Soften the onion in the oil. Add the chicken and brown all over, using clean utensils.

03 Add the vegetables and stock and bring to a boil. Cover and simmer gently for twenty-five minutes.

04 Check the chicken reaches at least 74°C at the centre and the vegetables are completely tender.

05 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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