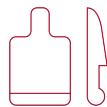




Sticky Miso Chicken with Eggplant



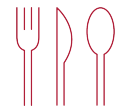
DIFFICULTY: EASY



PREPARATION TIME: 20 MINUTES (MARINATING TIME: 1 HOUR)



COOKING TIME: 23 MINUTES (CHICKEN AND EGGPLANT), 18 MINUTES (RICE)



SERVES: 4

Ingredients

Marinade

- 1/3 cup white miso paste
- 2 tsps grated ginger
- 1 tbsp soy sauce
- 2 tsps honey
- 2 tsps mirin
- 1 tbsp rice wine vinegar
- 1tbsp sesame oil
- 1/2 tspn dried chilli flakes
- 750g chicken thigh fillets
- 1 small eggplant
- 1 tbsp sesame seeds

Steamed sushi Rice

- 1 cup Sushi rice
- 1 1/2 cups water

Method

Combine the ingredients for the marinade in a large bowl and mix well.

Trim the thigh fillets of any excess fat and halve. Cut the eggplant in half then cut each half into 4 wedges. Place the chicken and the eggplant into the bowl, toss well to coat and allow to marinate for 1 hour.

Preheat the oven on CircoRoasting® to 200°C. Line the universal tray with baking paper and arrange the chicken in a single layer on the tray. Sprinkle with the sesame seeds. Line a separate tray with baking paper for the eggplant. Place the chicken on shelf position 4 for and the eggplant on shelf position 3 and cook for 16 to 18 minutes or until the chicken is cooked and golden. Remove the chicken, then move the eggplant to shelf 4 and cook for a further 3 to 5 minutes or until the eggplant is golden.

Place the rice into a strainer and rinse well under cold running water. Drain the rice then transfer to the solid stainless steel tray and add the water. Place into the oven and select FullSteam 100°C and steam for 18 minutes. Alternatively, if you don't have a steam oven. Cook your rice on your cooktop.

Serve the chicken and eggplant with the sushi rice. This recipe can also be served with steamed greens.

Notes
