



Miso chicken and green beans

Recipe by Kate Caire



Serves 4



Prep: 5 minutes

Cook: 10 minutes

INGREDIENTS

- 4 garlic cloves, finely chopped
- 1 tbsp grated ginger
- 2 tbsp white miso
- 1 tbsp mirin
- 1 tbsp cooking sake
- ½ tbsp rice vinegar
- 4 tbsp water
- 1 tbsp avocado oil
- 400g green beans, trimmed
- 2 chicken breasts, thinly sliced

To garnish:

- Sesame oil, warmed
- 2 tbsp toasted sesame seeds
- 2 spring onions, thinly sliced
- 2 long red chillies, finely chopped (optional)

NOTES

- Mirin and sake are different types of Japanese rice wine. They can be found in the international food aisle at most supermarkets. If you don't have either, you could substitute sherry/apera or dry white wine.
- Avocado oil can be replaced by your preferred high smoke point cooking oil.

DIRECTIONS

1. Chop or mince the garlic. Thinly slice the chicken. Prepare your selection of garnishes: cut up the spring onions and chillies for garnish, and toast the sesame seeds.
2. Mix garlic, ginger, miso, mirin, sake, rice vinegar and water in a bowl to combine.
3. Heat avocado oil in a wok over high heat, and stir-fry beans until just wilted (1-2 minutes). Add chicken and stir-fry, moving regularly until golden. Remove from wok and set aside.
4. Wipe wok clean with paper towels and fry miso mixture over medium-high heat. Add beans and chicken, and toss to coat (1-2 minutes).
5. Serve hot, topped with sesame oil, sesame seeds, spring onion and chilli and rice.



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