

Honey Turmeric Chicken w miso Salad



Turmeric is an excellent anti-inflammatory. When making the marinade for the chicken it is important to let it marinate for at least thirty minutes or overnight is even better. This recipe serves 4 people and will take around 35 minutes to make. The salad comes with coriander but for those who hate it, don't add it. Simple

Ingredients

- 500 gsm chicken thighs (skin off)
 - 1/4 teaspoon ground turmeric
 - 1 table spoon honey
 - 1 teaspoon minced garlic
 - 1 tablespoon EVOO
 - Pinch of salt
 - 1/2 table spoon of tamari
- 100gsm red cabbage (shredded)
 - 1/2 red pepper (thinly julienne cut)
 - 2 spring onions
 - 300gsm edamame beans

The salad

- 1 cabbage shredded
- 1 carrots (grated)

Add a little fresh chilli if you want some heat.

The dressing

- 2 table spoons of EVOO
- 1/2 table spoon of sesame oil
- 2 teaspoons of miso paste

Method

- In a small bowl mix the turmeric, honey, garlic. Extra Virgin Olive Oil (EVOO), tamari and salt and mix well. Once you have it mixed together, grab the skinless chicken thighs and cover with the marinade. Cover bowl with cling wrap and put in the fridge.
- After leaving the chicken to marinate for at least 30 minutes, heat up a skillet or fry pan and place some EVOO into the pan and heat on medium heat. When ready, start to cook the chicken. Allow at least 8 minutes before turning. Make sure you leave on med heat or the chicken will burn due to the tamari and honey. Slow and steady wins the race and this will give you time to get the salad ready.
- Prepare all the veggies as in the ingredients section. Once you have them all ready, time to make the dressing.
- Combine the EVOO, sesame oil, miso paste and apple cider vinegar into a small enclosed container and shake the shit out of it. Open up and if smooth and consistent it's ready.
- Now, I hope you have turned the chicken and letting it cook and brown on the other side, it should be another 8 minutes. Grab the veggies, and beans and put into large bowl. Drizzle the dressing over the salad and toss through so that it is covered. Your salad is ready. Now check to see if the chicken is cooked. If so, remove from pan, rest for 3 minutes and slice. Serve on top of salad and you are ready.