



READY TO COOK
BY HARRIS FARM

ORGANIC MISO & MAPLE CHICKEN



PREP
10 min

COOK
30 min

SERVES
4

INGREDIENTS:

- > 600g Chicken Thighs
- > 4 Tbsp Maple Syrup
- > 4 Tbsp Miso Paste
- > 2 Tbsp Soy Sauce
- > 2 Tbsp Sake or White Wine
- > 2 Cups Sushi Rice
- > 1 Broccoli

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > ½ Tbsp Sesame Seeds (Toasted)
- > Cooking Oil

METHOD - GET COOKING!



1 Rinse rice until water runs clear, drain well and cook as per packet instructions. Cut the broccoli into florets and cut the chicken into medium sized pieces. Set aside.

2 In a large bowl, whisk maple syrup, miso paste, soy sauce, and sake. Add the chicken.

3 Bring a large casserole dish to high heat and drizzle with cooking oil. Once hot, add the marinated chicken and spread evenly all over the pan. Cook for 3-5 minutes until chicken starts to change to a darker colour. Stir, then cook for 5 minutes, stirring occasionally. Add the broccoli and stir through.

4 Cover and turn down heat to medium. Cook for further 3 -5 minutes until broccoli is cooked to your preferred consistency. Turn off the heat. Serve maple & miso chicken hot with rice and sprinkle with sesame seeds.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- You can also use chicken breast or chicken drumsticks, just adjust the cooking time.
- Roast the sesame seeds in the oven at 200°C for 5-7 minutes until golden or in a pan on medium heat until golden.
- You can swap or add additional green veggies.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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