

Roasted chicken thigh, snow pea salad, miso dressing

Recipe for 4 persons

Description

Oven roasted chicken thighs served on a snow pea and carrot salad drizzled with a Oriental dressing.

Note

Miso is a food to include in your diet because it helps digestion and is a source of vitamin B-12

Ingredients

For the roast chicken thighs and snow peas salad

- 8 Unit(s) Boneless chicken thigh
- 200 Gr Snow peas
- 2 Unit(s) Carrot
- 10 Ml Sesame seeds
- 10 Sprig(s) Fresh cilantro
- 4 Unit(s) Green onion
- Vegetable oil
- Salt and pepper

For the dressing

- 60 Ml Rice vinegar
- 15 Ml Mayonnaise
- 5 Ml Soy sauce
- 15 Ml Vegetable oil
- 10 Ml Roasted sesame oil
- 10 Ml Miso
- 10 Ml Honey
- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **425 F°**

General preparation

Place the white sesame seeds on a baking sheet and toast them in the oven for 5 minutes. Cut the carrots into juliennes and slice the green onion. Trim the snow peas. Blanch the snow peas by plunging them into a saucepan of salted boiling water for 2 minutes. Plunge them in a bowl of ice water to sop the cooking process then drain.

Chicken thighs preparation

Season the chicken thighs with salt and pepper. In nonstick skillet, drizzle with vegetable oil and sear the chicken thighs on both sides until a golden brown. Place chicken thighs on a baking sheet and cook in oven for 12 to 15 minutes.

Miso dressing preparation

In a separate bowl, combine all ingredients in the composition of the dressing and mix with a whisk.

Snow peas salad preparation

In a hot nonstick skillet, drizzle some vegetable oil and sauté the snow peas, carrot and green onion.

Season with salt and pepper to taste and add some sesame seeds and coriander at the last minute.

To serve

Season the chicken thighs with salt and pepper. In nonstick skillet, drizzle with vegetable oil and sear the chicken thighs on both sides until a golden brown. Place chicken thighs on a baking sheet and cook in oven for 12 to 15 minutes.

Bon appétit!