

Chicken breast, caramelized soy sauce, ginger, green onion |

Recipe for 4 servings

Description

Chicken breast seared in a caramelized soy sauce with Asian flavours.

Note

Be careful with seasonings, especially salt, as opposed to soy sauce, which undergoes a reduction, thus concentrating the salt.

Ingredients

Chicken breast

- 600 Gr Chicken breast
- 2 Unit(s) Green onion
- Salt and pepper

sauce

- 3 Tbsp Soy sauce
- 3 Tbsp Mirin
- 2 Tbsp Honey
- 4 Tbsp Water
- 1 Clove(s) Garlic
- 1 Tsp Fresh ginger
- Salt and pepper

Preparation

- Preparation time **30 mins**

Chicken

Place the chicken breasts between two sheets of baking paper, lightly tap the chicken breasts with a rolling pin, season with salt and pepper.

In a hot frying pan with oil, sear the breasts, make sure they are well browned, once the breasts are almost cooked, pour the sauce into the pan with the breasts.

Baste the meat abundantly, your sauce will thicken with the cooking, once the breasts are well caramelized, remove them.

Slice them ideally to serve them.

Slice the green onion (whistle) and sprinkle it over the sliced breasts.

Sauce

Mix all ingredients together in a bowl.

Bon appétit!