

Chicken glazed with maple and soy, julienne of peppers, bean sprouts sautéed in sesame butter

Recipe for 12 Tapas



Description

Ingredients

Chicken

- 12 Unit(s) Chicken thigh
- 4 Tbsp Soy sauce
- 2 Tbsp Honey
- 2 Tbsp Maple syrup
- 2 Tbsp Tomato paste
- 4 Clove(s) Chopped garlic

Sides

- 1 Unit(s) Yellow pepper
- 1 Unit(s) Red pepper
- 1 Unit(s) Green pepper
- 2 Cup(s) Growth of soybean
- 2 Tbsp White and black sesame seeds
- 12 Unit(s) Micro mesclun
- 1 Dash(es) Roasted sesame oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Prep

In a bowl, mix together tomato paste, soya sauce, maple syrup, honey and chopped garlic. Add the chicken, make sure to coat it well with the sauce and let aside in the fridge - Best if at least 4 hours. Remove the seeds inside the peppers and slice in little sticks (julienne)

Chicken

Put the chicken on a baking tray and bake in the oven for 50 minutes. Every 15 minutes, brush them

with some sauce.

Make sure they are well cook before removing them from the oven.

Sides

In a warm skillet, brown the sesame seeds for few seconds.

Add a knob of butter and a dash of olive oil.

Add the peppers and a pinch of salt. Cook for few minutes but leave the peppers crunchy (don't overcook).

Remove from heat and add the soya bean sprouts. Mix well.

Season to taste with salt and pepper

Plating

Lay a bed of vegetables with sesame in a plate. Add some chicken and a spoon of sauce and garnish with some young sprouts

Bon appétit!