

Chicken Tenderloin Sauté with Miso

鶏肉とピーマンの味噌炒め

● Ingredients (servings 2)

1 small Green Bell Pepper

1 small Eggplant

5 pieces Chicken Tenderloin

3 Tbsp. Miso Paste

2 Tbsp. Mirin (sweet cooking rice wine)

2 Tbsp. Soy Sauce

1 Tbsp. Cooking Sake

1 Tbsp. Sugar

1 Tbsp. Sesame oil

2 Tbsp. Vegetable oil

● Prepare Vegetables



Cut off the hull of a washed small eggplant and slice it.



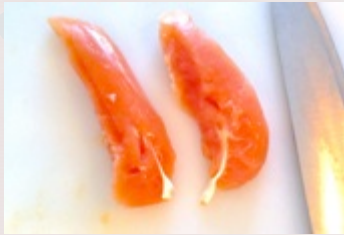
Slice a washed small green bell pepper.



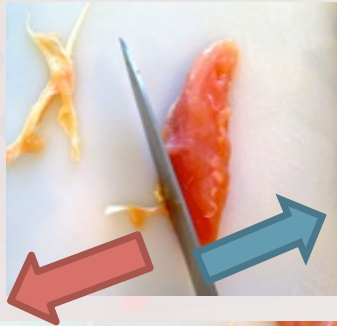
Heat 2 Tbsp. of vegetable oil in a pan and cook the sliced vegetables over medium heat for 5 minutes.

(I used 2 Tbsp. of oil for cooking because eggplant soaks up oil easily and it makes a great delicious dish.)

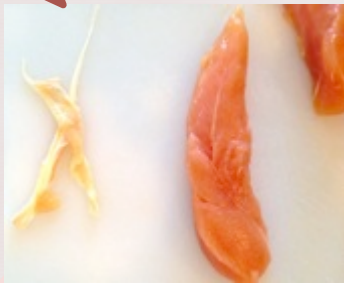
● Prepare Chicken Tenderloin



Chicken tenderloin has thick muscle.



Pull the edge of the muscle to the left using your fingers and at the same time push the meat with a knife to the right.



You can take off the muscle without cutting the meat.



Cut the chicken into bite-sized pieces.



Add the cut chicken to the pan and cook over medium heat for 3 minutes.

Chicken tenderloin cooks quickly and becomes very dry when it is over-cooked so add to the pan after the vegetables get tender.

● Prepare Sauce



In a small cup, combine
1 Tbsp. of sugar
1 Tbsp. of cooking Sake
2 Tbsp. of Mirin
2 Tbsp. of soy sauce
3 Tbsp. of Miso paste

Whisk well.



Add the sauce and 1 Tbsp. of sesame oil to the pan.
Stir over medium heat for 3 minutes until the sauce starts to reduce.

Enjoy!

