

Chicken Tenderloin with Plum Sauce

鶏ささみ梅肉和え

● Ingredients (servings 2)

3 pieces Chicken Tenderloin

3 Pickled Plums

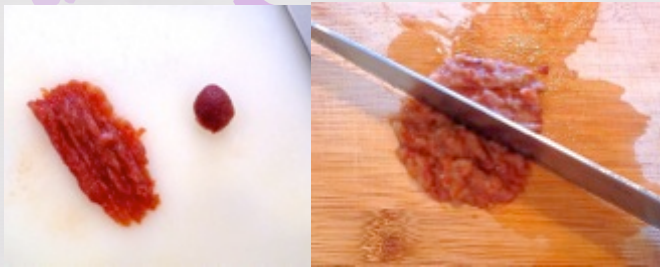
2 tsp. White Sesame

1 tsp. Soy Sauce

1 tsp. Cooking Sake

Boiled Water (for boiling tenderloin)

● Plum Sauce



Take the seed off 3 pickled plums and chop the plum “meat” finely.



Transfer the plum to a bowl and add 2 tsp. of white sesame, 1 tsp. of soy sauce and 1 tsp. of cooking Sake. Whisk well. Set aside.

● Chicken Tenderloin



Boil enough water to boil 3 pieces of chicken tenderloin in a pan.

When the water boils well, add 3 pieces of tenderloin to the pan and cook over medium heat until the water boils again.

Once the water boils again, turn the heat off and put a lid on the pan. Let it sit for 10 minutes on the cooking range.



After the 10 minutes, place the tenderloin on a cutting board and shred finely with 2 forks. When you find muscle, take it off.



Transfer the shredded tenderloin to the bowl and toss with the sauce.

Sprinkle with some chopped green onion to taste.

