



# Sautéed Chicken and Pumpkin with Miso Sauce

チキンとかぼちゃの味噌バター炒め



Ingredients (servings 2)

2 boneless skinless chicken thighs

¼ Kabocha winter squash

1 tablespoon butter or margarine

1 ½ tablespoons miso paste

1 tablespoon mirin

2 tablespoons cooking sake

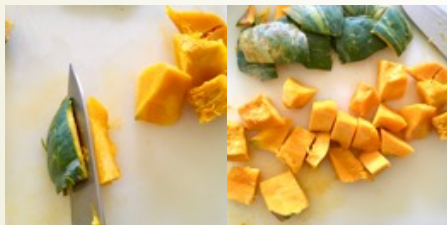
## Prepare



Cut the chicken thigh into bite-size pieces.



Remove the pumpkin seeds with a spoon, and microwave until it gets slightly tender, for about 3 minutes, with a cover.



Remove the skin and cut into bite-size pieces.

# Cook



In a skillet, melt the butter over medium heat. Cook the chicken for 3 minutes until it gets brown color. Add the pumpkin and cook for 3 minutes, stir occasionally.

Meanwhile, in a small bowl, stir together the miso paste, mirin and cooking sake.

Add the miso mixture to the skillet and stir until all the ingredients are coated. Simmer over low heat for 5 minutes with a lid. After the 5 minutes, sauté over medium heat for 3 minutes.

