



Another Herbal Chicken Dish

NIBBLEDISH CONTRIBUTOR

Ingredients

For the Chicken: -Chicken Breast Meat -Dry mixed Herbs -Fine Red Wine -Salt & Pepper
-Garlic -Japanese Sesame Salade Dressing (for Marinade) The Veggies: -Spinach
-Fresh Shitake Mushrooms -Red Cabbage -Chicken Broth

Instructions

This dish is inspired by my recent trip to San Francisco. I had a wonderful duck dish at a restaurant called "Paul K". Although my dish is not as sophisticated, I'm sure it's a lot simpler to make but just as good. First marinate the chicken in Japanese sesame salad dressing for at least 20 minutes (yes, I used salad dressing, but it works!). While chicken is marinating, sauté sliced mushrooms in olive oil with a little chopped garlic. Add sliced red cabbage and some chicken broth. Sauté until tender. Finally add spinach, salt & pepper to taste and remove from pan. Remove chicken from marinade and rub with dry mixed herbs and a little bit of salt and pepper. Cook in olive oil with some chopped garlic. Flip sides after about 5 minutes (depending on the thickness). Remove after fully cooked. In the same pan used to cook the chicken, add red wine and a couple spoons of sugar. Reduce to a thick sauce. Arrange the dish by adding veggies first, chopped Chicken, and drizzle with red wine sauce. Serve to hungry people~