



# Healthy Easy Yummy Miso Grilled Chicken

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 2 boneless, skinless chicken breasts
- 1.5 tbsp light miso paste
- 1/2 tbsp light soy sauce
- 1 tbsp mirin
- 1 tbsp sake
- 1 garlic clove, minced
- Tiny bit of ginger, minced
- 1/2 tbsp five spice
- Sesame seeds

## Instructions

Prep:

1. Slice the chicken breasts into half, crosswise, to make flatter, thinner pieces
2. Pound to uniform thickness
3. Marinate with miso, soy sauce, mirin, sake, garlic, and ginger. Use your hands, don't be lazy! Rub it in and spread the miso evenly. ;)
4. Refrigerate for at least 1 hour. Best results overnight.

Cooking:

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1. Preheat grill and spray a little cooking spray
  2. Shake chicken well to get rid of marinade
  3. Grill chicken till cooked halfway up
  4. Flip chicken and cook till done
  5. Pat dry with kitchen towel to remove excess oil
  6. Sprinkle sesame seeds and a little five spice, cut into thin slices, and serve over salad or rice or anything. ;)

Options:

- Can also be sauted in pan (that's what I did actually, but I would have preferred using a charcoal grill)
- For a moist delicious version, use chicken breast or thigh with skin! Less healthy but more yummy..
- Skip the soy sauce and use more miso for an even healthier version.. less sodium!
- Substitute mirin and sake for any rice wine if you don't have them.
- Substitute white wine or dry sherry if you can't even get rice wine (poor you!)