

Shio-koji Cured Grilled Chicken Warm Salad with Mediterranean Sauce



<Ingredients (4 serve)>

2 portion Chicken breast
50ml Shio-koji (salted rice malt)
Asparagus
King oyster mushroom
Lentil (boiled)
Lettuce

<Mediterranean sauce>

200ml Greek yogurt (no sugar)
1 clove Garlic
1/2 Lemon
1 heap Tbsp Grounded coriander powder
2 tsp Sea salt
1 tsp Extra virgin olive oil
1 handful Parsley (chopped)

<Method>

1. Marinate the chicken with Shio-koji

Put the chicken breast meat in a container and coat with the Shio-koji well. Marinate for

overnight in a fridge.



2. Boil the chicken

Pour water in a stew pan and bring it to the boil. Boil the chicken for 10 minutes on medium heat or until the chicken is thoroughly cooked.



Make sure to keep removing any scum.



Transfer the chicken. You can use the boiled water as chicken broth for any other dishes.



3. Grill the vegetable and chicken

Heat a cast iron frying pan well and grill the vegetable and boiled chicken until making some marks.

Cure for asparagus: cut off the bottom side and peel off the skin



4. Make the sauce

Meanwhile mix all ingredients in a bowl.

5. Make the plate presentation

When the chicken is enough cooled down to touch, tear roughly using your finger. Serve vegetables, chicken, lentils and sauce while the chicken is warm.