



**Miele**

# Karaage chicken with spinach and pickled cucumbers

By Miele

**45 minutes, plus marinating and pickling time**

Preparation Time

**25 minutes**

Cooking Time

**4 serves**

Serves

## INGREDIENTS

### Spinach rolls with sesame

1 large bunch spinach with stems  
(approximately 200 g)  
3 tsp tamari  
3 tsp rice wine vinegar  
1 tsp sesame oil  
1 ½ tsp white sesame seeds

### Karaage chicken

600 g chicken thigh fillets, cut into 2 cm cubes  
2 cm piece fresh ginger (10 g), finely grated  
2 garlic cloves, crushed  
60 ml (¼ cup) tamari  
1 tbsp (20 ml) mirin  
200 g (1 cup) potato starch  
Vegetable oil in a spray bottle

### Miso pickled cucumbers

2 small Lebanese cucumbers, sliced 4 mm rounds  
Salt flakes  
60 g (¼ cup) red or white miso  
1 tbsp (20 ml) mirin

### To serve

Togarashi  
Steamed short grain Japanese rice  
Salt flakes  
1 lemon, cut into wedges  
Japanese mayonnaise, to serve

## METHOD

### Spinach rolls with sesame

1. Wash the spinach very well keeping the stems intact. Place into a perforated steam container.
2. Place into the steam oven and Steam at 100°C for 2 minutes, or until wilted. Refresh in iced water.
3. Drain the spinach, remove the roots and lay on a clean tea towel, rearranging the spinach so half the stems are facing each direction. Gently squeeze excess water out. Roll into a tight cylinder and cut into 8 pieces.
4. Combine the tamari, vinegar and sesame oil in a bowl.
5. Drizzle the dressing and sesame seeds over the spinach rolls just before serving. This dish can be served at room temperature.

## **Karaage chicken**

1. Combine the chicken with the ginger, garlic, tamari and mirin and marinate in the fridge for at least 3 hours.
2. Drain the chicken and lightly toss in the potato starch, shaking off any excess.
3. Place the chicken on a perforated baking tray. Spray liberally with oil.
4. Place the universal tray on shelf level 1 and preheat the combi steam Pro oven on Combi Mode: Fan Plus at 220°C + 0% moisture.
5. Place the perforated baking tray on shelf level 2 and cook for 10 minutes. Turn the chicken over and continue cooking for 10 minutes, or until crisp and golden brown.

## **Miso pickled cucumbers**

1. Lightly sprinkle the cucumbers with a little salt and leave for 30 minutes. Rinse off the salt and dry on paper towel.
2. Combine the miso, mirin and cucumber in a small bowl. Place into a small vacuum sealing bag. Place into the vacuum sealing drawer and Vacuum on level 3 and Seal on level 3.
3. Allow to sit for 3 hours at room temperature.
4. Remove from the bag and remove excess miso mixture.

## **To serve**

1. Sprinkle togarashi on the steamed rice. Serve the chicken with salt, lemon wedges and Japanese mayonnaise.

## **Alternative appliance method**

- The chicken can also be shallow fried on the cooktop, on high heat, induction setting 8, or using TempControl level 2.
- The rice can be made in the steam oven or in the microwave steam oven, which makes it much quicker!

## **Hints and tips**

- Using this method in the combi steam Pro oven creates an environment to “fry” the chicken using hot air and less fat.
- The miso pickling mix can be used for other vegetables, it is great with turnips, beans or carrots. It’s a good way to use up leftover vegetables.
- This recipe was tested in a 45 cm combi steam Pro oven. If you own a 60 cm model, cook the chicken on shelf level 4.