

Miele

Steamed chicken with hot and sour dressing

By Miele

10 minutes

Preparation time

20 minutes

Cooking time

4-6

Serves



INGREDIENTS

4 chicken breasts
1½ cups basmati rice
Coriander, optional

Hot and sour dressing

3 tbsp coriander root and stems, finely chopped
6cm piece ginger, peeled and finely julienned
3 tbsp spring onion, finely sliced
1 garlic clove, crushed
1 long red chilli, finely sliced
2 tbsp light soy sauce
1 tbsp rice vinegar
1 tsp brown sugar
1 tsp sesame oil
2 tbsp peanut oil

METHOD

1. Place the rice into an unperforated steam container, along with 375ml of water. Place into the steam oven and Steam at 100°C for 12 minutes.
2. After 12 minutes, place the chicken into an unperforated steam container lined with baking paper, add to the steam oven with the rice and Steam at 100°C for 8 minutes.

Hot and sour dressing

1. In a medium sized bowl, mix all ingredients except the peanut oil until well combined and set aside.
2. Place the peanut oil into a small saucepan and heat on medium heat, induction setting 6, until you can see the surface of the oil begin to shimmer.
3. Remove from the heat and carefully pour the hot oil over the dressing, it should sizzle when pouring over the fresh ingredients. Stir to combine and set aside.

To serve

1. Once the steam oven has finished cooking, test the chicken to make sure it's cooked and allow to rest for 5 minutes.
2. Slice chicken fillets on the diagonal into 1cm slices and arrange on a platter. Spoon over dressing, garnish with coriander and serve with steamed rice.

Hints and tips

- If time permits, steaming the chicken at 65°C for 1 hour will provide a more tender result.