



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# CHICKEN TEPPANYAKI

**Time: 30 minutes (plus marinating time)**

**Serves: 4**

### Ingredients:

2 tablespoons miso paste  
2 tablespoons mirin  
1 tablespoon rice vinegar  
1 teaspoon fresh ginger – grated  
2 cloves garlic - finely chopped or grated  
24 ounces boneless-skinless chicken thighs  
1 tablespoon grapeseed or other neutral-tasting oil

### Preparation:

In a small bowl, whisk together the miso, mirin, rice vinegar, ginger and garlic.

Open the chicken thighs, laying them flat between two pieces of plastic wrap. Flatten the to roughly the same thickness using a meat mallet or heavy frying pan. Cut the thighs in half lengthwise.

Toss the thighs in the miso mixture and marinade for at least on hour or up to overnight.

Preheat a grill on high.

Thread the thighs onto skewers, baste them with the oil and grill for three minutes on each side or until done.

Serve immediately.

### Nutritional Information Per Serving:

Calories: 252  
Fat: 11g  
Carbs: 3g  
Fibre: 0.5g  
Protein: 35g