
Ginger-Miso Chicken with Quick Pickles

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Preparation Time: 20 minutes

Start to Finish Time: 20 minutes

1 1/4 pounds (4 to 6) chicken cutlets

FOR THE MARINADE

3 tablespoons white miso

3 tablespoons mirin

2 tablespoons rice vinegar

2 tablespoons soy sauce

2 tablespoons chopped ginger

1 tablespoon toasted sesame

FOR THE TOPPING

2 Persian cucumbers

1 carrot

1 small red onion

1 Fresno chile pepper

1 one-inch piece sliced ginger

1/2 cup rice vinegar

1 tablespoon sugar

1 1/2 teaspoons Kosher salt

4 ice cubes

Place the cutlets between two sheets of plastic wrap. Pound with a heavy skillet or the flat side of a meat mallet until an even 1/2-inch thickness. (Rub)

Make the marinade: In a bowl, whisk together the miso, mirin, vinegar, soy sauce, ginger and sesame oil. Toss with the chicken and let marinate while you prepare the topping.

Make the topping: Halve and thinly slice the cucumbers, carrot and red onion. Thinly slice the Fresno chile. Combine the cucumbers, carrot, red onion and Fresno pepper in a nonreactive bowl. In a small saucepan, heat the ginger, rice vinegar, sugar and Kosher salt until the sugar and salt are dissolved. Pour over the vegetables and add four ice cubes. Refrigerate, stirring once or twice, until chilled, for 30 minutes. Drain.

Preheat a grill to medium-high and oil the grates. Season the chicken with salt and pepper. Grill until browned and well marked, 2 to 3 minutes. Flip and grill until the chicken is cooked through, about 2 more minutes.

Place the chicken on serving plates. Spoon the topping over the chicken. Serve with any additional topping on the side.

Yield: 4 to 6 servings

Chicken

Per Serving (excluding unknown items): 286 Calories; 4g Fat (10.2% calories from fat); 11g Protein; 60g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 6792mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 4 1/2 Vegetable; 1/2 Fat; 1 1/2 Other Carbohydrates.