

Tuscany Cuisine

Insalata di pollo con vegetali in salsa di soia *Chicken breast salad with vegetables in a soy sauce.*

Ingredients:

Chicken breast 6 ounces
Butternut squash 1 ounces
Green zucchini 1 ounces
Eggplant 4 slices cut in large stripes
Sugar snap peas 1 ounces
Broccoli flower ½ ounce
White beans sprouts ½ ounce
Carrots ½ ounce
Soy Sauce 1 cup
Sesame oil ¼ cup
Sesame seeds
Tomato skins
Salt
Black pepper
Green sprouts

Preparation:

Marinated the breast of chicken in the soy sauce over night.
Then for this recipe you can bake the chicken in the oven until tender at 300 degrees for 35 minutes; or you can grill and slice and add in to the stir frying vegetables.
Then placed in a salad bowl and pour on the soy and sesame oil emulsion sauce, garnished with toasted sesame seeds.
Diced tomato skins, and fresh green sprouts.
To improve the quality of the vegetables for this recipe, the hardest vegetables they need to blanch first; in this case carrots and broccoli.
See stir frying cooking on the preparation section of the web site.

