

asian style steamed chicken

Serves 4

Serving size: 4 oz./125 g chicken, ½ cup vegetables

Ingredients:

1 cup low-sodium soy sauce	½ cup cilantro, chopped
1 plus ½ tbsp. sesame oil, divided	4 boneless, skinless chicken breasts
1 tbsp. peanut oil	½ head Savoy or Napa cabbage
½ lime, juiced	½ cup baby carrots
1-in./2.5 cm piece ginger, thickly sliced	½ cup white mushrooms, sliced
1 clove garlic, sliced	½ cup broccoli florets

Directions:

Add soy sauce, sesame oil, peanut oil, lime juice, ginger, garlic and cilantro to Wonderlier® 6-cup/1.4 L bowl. Seal bowl and shake to combine ingredients. In Season-Serve® Container, add marinade to chicken breasts and shake again. Marinate chicken in refrigerator for at least ½ hour or up to overnight.

In Chef Series™ 11"/28 cm Fry Pan, brown chicken slightly on both sides in ½ tbsp sesame oil. Fill Water Tray of Tupperware® Smart Steamer with water to fill line. Please Steamer Base over the Water Tray. Line the bottom of Steamer Base with a layer of cabbage leaves. Place carrots, mushrooms and broccoli on top of cabbage leaves. Place the marinated chicken in the Colander and place the Colander over the Steamer Base. Cover and steam in the microwave on high power 10–15 minutes, or until the chicken is cooked through and juices run clear.

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