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MetaBurn90 Day 2, Meal 2

Poached Chicken with Spinach Edamame Salad

Cooking chicken in liquid, or "poaching," is a great way to cut out fat during cooking while maintaining flavor—and it's a lot easier than you think. Ginger, shallots, mushrooms, and soy sauce keep this dish rich and satisfying, while the edamame and spinach salad add protein and vitamins to keep it light and nutritious.

Prep time: 5 min. Cook time: 20 min.

Serving size: 4 oz. chicken

Recipe yields 1 serving

Ingredients

Chicken:

4-oz. boneless, skinless chicken breast
2 cups chicken stock
1 knob of ginger, peeled and thinly sliced
1/4 cup soy sauce
1/2 cup mirin (sweet rice wine)

Salad:

1/2 cup edamame
1/2 cup peeled and chopped celery
1/2 cup spinach leaves
1/4 cup sliced shiitake mushrooms
1 shallot, thinly sliced
1 tsp soy sauce
Lemon juice to taste
Salt to taste
1 tbsp furikake seasoning (optional)

Directions:

1. In a small mixing bowl combine the shiitake and shallot, adding a squeeze of fresh lemon juice, a pinch of salt, and a teaspoon of soy sauce. Stir to combine and set aside as you prepare the chicken.
2. Combine the chicken stock in a pot with the ginger, soy sauce, and mirin. Bring this mixture to a simmer and add the chicken, poaching for roughly 20 minutes on a low simmer. To ensure the chicken is cooked, check to make sure the internal temperature reaches 160 degrees F.
3. For the salad, combine the edamame, spinach, and celery. Toss with the shallots and mushrooms using the liquid they are soaked in as a vinaigrette. Serve with sliced chicken over the salad and sprinkle furikake over everything.