

# Miso Garlic Chicken with a Carrot, Beet, & Toasted Sesame Seed Salad



By [Ashley Alexander](#)

I've been making this miso garlic chicken recipe on repeat for the last few weeks-it's that good! It's healthy, vibrant, nourishing, and the kids love it. It's also great for meal prep or for increasing quantities if serving a crowd. If you have young kids like me, or just like to be organised, I love that I can prep the chicken and veggies in advance, then bake and throw together just before dinner time.

**SERVES** 4 | **PREP TIME** 30 minutes | **COOK TIME** 30 minutes | **TOTAL TIME** 1 hour

## INGREDIENTS

### Miso garlic chicken

- 6 large cloves fresh garlic, crushed or finely grated
- 4 tablespoons white miso paste
- 4 tablespoons honey
- Lots of freshly cracked black pepper
- 1 kg boneless, skinless chicken thighs, diced into roughly 1-inch pieces
- Generous pinch of sea salt

### Salad

- 1 raw beetroot, peeled and thinly sliced into matchsticks
- 2 carrots, peeled and thinly sliced into matchsticks
- 2-3 handfuls mixed lettuce leaves
- 2 tablespoons toasted sesame seeds

### Dressing

- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- Salt and pepper, to taste

### Coconut rice

- 2 cups jasmine rice, rinsed thoroughly (it's important to rinse the rice, as this helps make it nice and fluffy)
- 1 1/2 tablespoons coconut oil
- Pinch of salt
- 2 1/2 cups boiling water

### To serve

- 1-2 tablespoons black sesame seeds

## METHOD

### Chicken

1. Preheat your oven to 200°C/390°F.
2. In a deep-sided baking dish, mix together the crushed garlic, white miso paste, honey, and lots of freshly cracked black pepper.

3. Add the diced chicken to the marinade and season it with a generous pinch of salt. Stir well to coat the chicken evenly.
4. Bake the chicken for 25 minutes, should be golden, with a few slight charred spots and cooked through.
5. Remove from the oven and allow it to rest for 10 minutes.

### **Coconut rice**

1. In a small saucepan, combine rinsed rice, coconut oil, and a pinch of salt.
2. Add boiling water, bring to a boil, then reduce the heat to low and cover with a lid.
3. Simmer for 15 minutes without removing the lid.
4. Turn off the heat and let the rice sit, covered, for an additional 3-5 minutes.
5. Fluff the rice with a fork and set aside.

### **Salad**

1. In a large serving bowl, whisk together extra virgin olive oil, red wine vinegar, Dijon mustard, honey, salt, and pepper.
2. Add the sliced carrots, beets, and mixed lettuce leaves to the bowl. Don't toss together until you're ready to serve.
3. Toss the salad just before serving to prevent the leaves from becoming soggy.
4. Sprinkle toasted sesame seeds over the salad.

### **To serve**

1. Divide the coconut rice, salad, and miso garlic chicken into bowls.
2. Top with extra black sesame seeds over the chicken and rice.
3. Serve and enjoy immediately.

## **NOTES**

You can prepare and marinate the chicken the morning of cooking or overnight to save time. Otherwise, it can go straight into the oven right away.

It's important to rinse the jasmine rice thoroughly before cooking to remove excess starch, which helps to prevent it from becoming too sticky. Rinsing also contributes to fluffier rice.

Follow the cooking instructions for the coconut rice closely. Once the water is added, avoid lifting the lid until the rice is fully cooked. This traps the steam and helps achieve perfectly fluffy rice.

Whisk the salad dressing ingredients together well to ensure they emulsify properly. Adjust the seasoning to your taste preference, adding more salt, pepper, or honey as needed. You can also add the salad dressing ingredients to a jar, shake it together and keep in the fridge for if you are meal prepping this recipe, taking it somewhere or serving later.

Toss the salad with the dressing just before serving to keep the lettuce leaves crisp and fresh. This prevents them from wilting and becoming soggy.

Keep an eye on the chicken while baking to prevent overcooking. Depending on your oven, you may need to adjust the baking time slightly to ensure the chicken thighs are cooked through but still tender and juicy.

This meal can easily be adapted to feed more people, simply double or triple the recipe to serve a crowd.



**Find the recipe and watch the video online:**

*<https://www.gatherandfeast.com/miso-garlic-chicken-carrot-beet-toasted-sesame-seed-salad>*

Let me know if you make the recipe! x **@gatherandfeast**