



Poached Ginger Chicken

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon asian chili sauce (such as sambal oelek)
- 1 cucumber english halved lengthwise seeded thinly sliced
- 1 piece ginger peeled
- 1 juice of lime
- 4 servings kosher salt
- 4 tablespoons vegetable oil; peanut oil preferred
- 1 bunch radishes peeled thinly sliced cut into matchsticks
- 1 tablespoon sesame oil toasted

- 1 large shallots
- 1.8 pounds chicken breasts boneless skinless
- 0.5 teaspoon sugar
- 1 bunch watercress trimmed

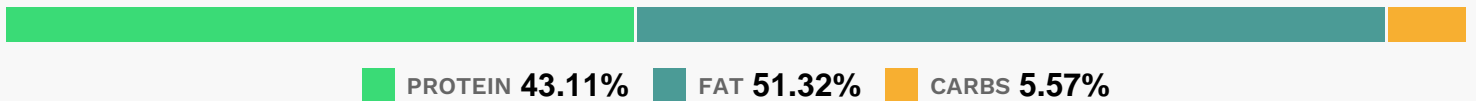
Equipment

- bowl
- pot

Directions

- Put the chicken in a medium pot with just enough water to cover; add 1 tablespoon salt. Bring to a gentle simmer over medium heat and cook until the chicken is firm to the touch, about 15 minutes. Meanwhile, prepare a bowl of salted ice water.
- Drain the chicken and plunge into the ice water for about 30 seconds to stop the cooking.
- Drain again. Grate the ginger and shallot into a small bowl. Stir in 3 tablespoons peanut oil, the sesame oil and 1/4 teaspoon each sugar and salt. Toss the cucumber and radishes with the chili sauce, 3/4 teaspoon salt, the remaining 1 tablespoon peanut oil and the remaining 1/4 teaspoon sugar in a large bowl.
- Add the watercress and toss. Divide the salad among plates. Slice the chicken and add to the plates, then top with the ginger mixture.
- Drizzle with the lime juice.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:44.77, Glycemic Load:0.66, Inflammation Score:-5, Nutrition Score:22.663043400516%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,

Naringenin: 0.03mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 403.76kcal (20.19%), Fat: 22.76g (35.01%), Saturated Fat: 4.02g (25.15%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 4.85g (1.76%), Sugar: 2.58g (2.87%), Cholesterol: 127.01mg (42.34%), Sodium: 445.99mg (19.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.01g (86.03%), Vitamin B3: 20.84mg (104.2%), Selenium: 63.9µg (91.28%), Vitamin B6: 1.55mg (77.69%), Phosphorus: 444.59mg (44.46%), Vitamin B5: 3.07mg (30.73%), Vitamin K: 29.06µg (27.67%), Potassium: 907.28mg (25.92%), Vitamin E: 2.76mg (18.38%), Magnesium: 65.52mg (16.38%), Vitamin B2: 0.23mg (13.81%), Vitamin C: 10.26mg (12.44%), Vitamin B1: 0.16mg (10.67%), Zinc: 1.35mg (8.99%), Vitamin A: 350.22IU (7%), Vitamin B12: 0.4µg (6.61%), Manganese: 0.13mg (6.42%), Iron: 1.07mg (5.92%), Copper: 0.1mg (5.14%), Folate: 17µg (4.25%), Calcium: 33.51mg (3.35%), Fiber: 0.71g (2.82%), Vitamin D: 0.2µg (1.32%)