

Miele

Vietnamese roast chicken, green papaya salad and toasted rice

By Miele

1 hour

Preparation time

45 minutes

Cooking time

4 serves

Serves



INGREDIENTS

1 chicken, portioned into 2 breasts and 2 Maryland, skin on

Marinade

5 cm piece ginger (25 g), grated
5 cm piece galangal (25 g), grated
1 stem lemongrass, inner white only, thinly sliced
2 makrut lime leaves
3 garlic cloves
Pinch of salt flakes
8 coriander roots and stems, cleaned and roughly chopped
Pinch of salt flakes
2 tbsp brown sugar
100 ml soy sauce
1 tbsp fish sauce
1 tbsp lemon juice

Toasted rice

50 g (¼ cup) jasmine rice

Chilli dressing

1-2 tsp dried chilli flakes
20g grated fresh turmeric
1 garlic clove
1 golden shallot, finely diced
Pinch salt flakes
1 tbsp rice wine vinegar
1-2 tbsp caster sugar
80 ml (? cup) fish sauce
1 tbsp lime juice

Green papaya salad

1 green papaya, peeled and cut or shredded into fine julienne
1 punnet cherry tomatoes, halved
¼ cup coriander leaves
½ cup finely sliced snake beans or green beans

METHOD

Marinade

1. In a mortar and pestle, grind the ginger, galangal, lemongrass, lime leaves, garlic, coriander and salt to a paste.
2. Add brown sugar, soy sauce, fish sauce, lemon juice and stir to combine.
3. Place the chicken in a suitable sized container and coat with the marinade. Cover and leave to marinate overnight. Alternatively place chicken pieces into a vacuum sealing bag with the marinade. Place into the Vacuum Sealing Drawer and vacuum on setting 3 and seal on setting 3. Leave to marinate for 2-3 hours.

Chilli dressing

1. On medium heat, Induction Setting 6, dry fry the chilli flakes in a frying pan until toasted fragrant, then leave to cool.
2. In a mortar and pestle grind together the chilli flakes, turmeric, garlic, shallots and salt to a paste.
3. Add remaining ingredients, stir to combine. Taste and adjust with fish sauce, lime juice and sugar if required.

Toasted Rice

1. On medium heat, Induction Setting 6, toast rice in a dry frying pan until very lightly browned, leave to cool in the pan. When cool grind to a coarse powder in a mortar and pestle.

Chicken

1. Position the grease filter at the rear of the Steam Combination Oven and Select Combination Mode.
Stage 1: Select Full Grill 3 + 10 minutes + 0% moisture
Stage 2: Select Full Grill 3 + 10 minutes + 0% moisture
Stage 3: Select Fan Plus at 180°C + 25 minutes + 80% moisture
2. Place grilling and roasting insert over a multi-purpose tray then place into the oven on shelf position 2 for the first stage. This stage is to pre-heat both the grill and roasting rack.
3. At the commencement of the second stage, add the chicken to the pre-heated tray. Close the door and let the program continue for stage 2 and stage 3.
4. Rest the chicken for 5-10 minutes before serving.

To serve

1. Toss all the ingredients with half the dressing and 1 tablespoon of the toasted and ground rice.
2. Serve alongside the chicken with extra dressing if required.

Hints and tips

- Ensure skin is kept on chicken for maximum caramelisation and browning.
- Leftover toasted rice can be used in Asian style salads.