

Shredded Chicken Over Green Soba Noodles

MIND foods: Vegetables, whole grains, poultry, fish, olive oil

Serves 4-6

Time: 45 minutes

Difficulty: Medium

Ingredients

- 1 lb chicken breasts
- Salt and pepper
- 2 tsp olive oil
- ½ cup water
- 1 package mugwort soba noodles, 8-9 oz
- 4-6 eggs (one per person)
- 1 tsp sesame oil
- 2 T mirin
- 1 T unseasoned rice vinegar
- 1 T soy sauce
- 1 medium cucumber, sliced into rounds
- Optional garnishes: black sesame seeds, sliced scallion greens

Salsa Verde

- ¾ cup loosely packed mint leaves
- 3 cups loosely packed flat-leaf parsley leaves
- 5 parsley stems
- 2 anchovy fillets
- 3 T capers
- zest from 1 lemon
- 2 T red wine vinegar
- ½ cup extra virgin olive oil



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Method

1. Dry chicken breasts with paper towels, and season both sides with salt and pepper.
2. Heat shallow pan on medium heat until hot. Add olive oil and swirl. Add chicken, breast side down for 5 minutes. Flip, add water, and cook until chicken has cooked through and water has cooked off, about 5 minutes. Remove to cutting board and rest until cool.
3. In a medium pot, heat water for soba noodles. Cook according to package directions, usually bringing water to boil and adding noodles to boil for about 6 minutes. Do not overcook. Drain under cold water to stop cooking. Set aside.
4. In a medium pot, heat water for soft-boiled eggs. When water is at a rolling boil, carefully add eggs and cook for 5-6 minutes. Transfer eggs to an ice bath for 30-60 seconds to stop cooking. When cool, peel carefully.
5. Whisk to combine sesame oil, mirin, rice vinegar and soy sauce. Pour half over noodles, toss to coat.
6. Shred chicken with a fork. Toss with other half of mirin dressing.
7. To make salsa verde, finely chop all ingredients and combine.
8. Plate noodles, top with chicken and cucumbers. Add egg with a spoonful of salsa verde. If using, garnish with black sesame seeds and scallion tops.



Notes

If chicken is thick, cut to uniform height of about 1" for more even cooking, and to prevent uneven over-cooking.

There may be extra salsa verde. It's delicious on just about anything - eggs, toast, poultry, fish.