

GOOP



DETOX

Detox Teriyaki Chicken

ingredients

For Sauce

- 1/3 cup balsamic vinegar
- 1/3 cup agave syrup
- 1 teaspoon freshly grated ginger
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon barley miso
- 1 teaspoon mirin
- 1 tablespoon water

For Chicken

- 1 chicken breast
- Detox Teriyaki Sauce
- 1 finely chopped scallion
- 4 sprigs cilantro, roughly chopped

preparation

For Sauce

Combine the balsamic, agave, ginger and pepper in a small saucepan. Bring to a boil, lower to a simmer and cook for ten minutes. Cool and then add the miso, mirin and water.

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Detox Teriyaki Chicken

preparation (cont'd)

For Chicken

Marinate the chicken in the sauce (reserve a spoonful or two) for at least one hour or up to overnight.

Heat your grill to medium heat. Wipe off any excess marinade and grill the chicken for about three to four minutes per side or until cooked through. Serve with the reserved, hasn't-touched-raw-chicken sauce, cilantro and scallions.