



VICTORINOX

INGREDIENTS FOR 4 SERVINGS CHICKEN

- 4 chicken breasts
- 40g olive oil
- pinch of salt
- pinch of smoked paprika powder

BROCCOLI

- 300g broccoli tips
- 30g olive oil
- pinch of salt
- 120g edamame soybeans, shelled

SUSHI RICE

- 160g sushi rice, boiled

GINGER AND LEEK SAUCE

- 130g spring leeks, finely chopped
- 40g ginger, finely diced
- 100g olive oil
- 100g soy sauce
- 50g rice vinegar
- 1 lime, with juice and zest
- 25g coriander leaves, finely chopped

CHICKEN WITH BROCCOLI AND EDAMAME SOYBEANS, WITH A GINGER AND LEEK SAUCE

PREPARATION

CHICKEN

1. Mix the olive oil with the smoked paprika and salt.
2. Rub the mixture into the chicken breasts.
3. Heat the grill pan or fire up the charcoal grill.
4. Grill the chicken for about 2–3 minutes on each side.
5. Place in the oven at 140 °C (convection oven) for 8–10 minutes until cooked through.
6. Let the meat rest for a short time before slicing.

BROCCOLI

7. Heat the oil in a pan, add the broccoli and season with salt.
8. Sauté until it takes on a rich color, making sure it still has a slight bite.
9. Finish by adding the edamame soybeans.

SUSHI RICE

10. Cook the sushi rice according to the instructions and sprinkle with sesame seeds as desired.
11. If sushi rice is not available, you can also use regular white or brown rice.

GINGER AND LEEK SAUCE

12. Mix all the ingredients together in a bowl and chill.
13. The sauce will keep in the refrigerator for 2–3 days.

Take four medium-size Mason jars, adding individual layers using the edamame soybeans, sushi rice and broccoli. Place the finely-sliced chicken strips on top and pour on the ginger and leek sauce. Chill until serving.

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