

Marianne's Strawberry Chicken

Yield: 4



- 1.5 lbs boneless, skinless chicken breast or thighs (personal preference)
 - 1 lb fresh Strawberries
 - 2 bunches Scallions (green onions)
 - 100 ml Chicken broth
 - Salt and freshly ground black pepper
 - Non-stick cooking spray (e.g. Pam), or Avocado oil, Grape Seed oil, Canola oil, or clarified butter (Ghee)
- MARINADE
- 1 tbsp. Yellow mustard seeds
 - 1 tbsp. Brown mustard seeds
(available at Fresh Market & specialty stores; or substitute with yellow)
 - 2 tbsp. Soy sauce (preferably light or Tamari)
 - 2 tbsp. Sunflower, Canola or Grape-seed oil
 - 1 tbsn. Corn starch *(substitute: Maizena, Potato or Rice Starch)*

Cut chicken across the grain into ½ inch wide pieces. For the marinade, combine soy, mustard seeds, corn starch and the oil with chicken until each piece is nicely coated. Chill and let marinate for 30 minutes. Meanwhile wash and pat-dry the scallions. Cut into 3/8 inch pieces on the bias (at an angle). Wash, dry and clean (husk) the strawberries. Depending on the size, cut into slices, halves or quarters.

Set cooking temperature to 5 for warm-up. When the orange light is off, set dial to #7 or #8. When reached (orange light off), wipe or spray the cooking center with oil and spread half of the marinated chicken pieces onto the cooking center so they don't touch each other. Cook for about 2-3 minutes or until nicely browned and release by itself. Turn all pieces and brown other side. When almost cooked through, move into outer warming area and repeat with remaining chicken. Make sure meat does not cook in its own liquid. Do not overcrowd the cooking surface.

Sauteé half of the scallions for about 1 minute. Add the chicken broth and stir together. Bring to a slight bubble and season to taste with salt and a generous amount of fresh cracked pepper. Add all chicken pieces back in and toss together until well coated. **Switch TEPPANYAKI off.**

Now add the prepared strawberries and rest of the scallions, mix well with the chicken, and voila, you are ready to serve. Bon Appetit!

Suggested side dish: rice or wild rice blend; also nice: Quinoa *Recipe: Courtesy of Marianne D., Munich, Germany*

