

Ginger Chicken with Crisp Napa Salad
By Yewande Komolafe, NYT Cooking Website/App

Time: 30 minutes
Yield: 4 Servings

“Ginger, garlic and cilantro form the base of an aromatic marinade for this easy stovetop chicken dish. Lightly pounding the chicken breasts increases their surface area, which helps them soak up the marinade and cook evenly. A refreshing and crunchy salad of napa cabbage, cucumbers and fresh mint rounds out the dish into the perfect light lunch or dinner. To make this for a larger group, simply double the recipe.”

Ingredients

4 boneless, skinless chicken breasts (about 6 ounces each), patted dry
Kosher salt
2 tablespoons finely grated ginger (from a 2-inch piece)
1 garlic clove, finely grated
¼ cup chopped fresh cilantro
½ teaspoon ground cayenne
6 tablespoons neutral oil, such as grape seed or canola
1 lime
½ small head napa cabbage, cut lengthwise (about 1 pound)
1 seedless cucumber (Persian or English), thinly sliced
½ cup sliced chives (½-inch lengths)
½ cup mint leaves
2 tablespoons rice vinegar, distilled white vinegar or apple cider vinegar

PREPARATION

1. Place chicken breasts between two sheets of parchment paper or plastic wrap. Using a rolling pin or a bottle, pound each to an even ½-inch thickness. Season both sides with salt.
2. In a small bowl, combine the ginger, garlic, cilantro, cayenne and 4 tablespoons oil. Finely grate the lime zest directly into the bowl; reserve the lime. Rub both sides of the chicken breasts with the marinade. Let sit at room temperature for at least 10 minutes.
3. Meanwhile, cut the cabbage lengthwise, core it, then slice crosswise into ½-inch-thick strips. Transfer to a large bowl and toss in the cucumber slices, chives and mint leaves.
4. Heat a large skillet over medium-high heat. Pour in 1 tablespoon oil and heat until shimmering, about 1 minute. Place the chicken breasts in the skillet and cook, turning once, until golden brown and cooked through, about 4 minutes per side. Cut the reserved lime in half and squeeze the juice over the chicken; slice the chicken. Transfer the chicken to serving plates and slice.
5. Toss the cabbage mixture with the vinegar and remaining 1 tablespoon oil. Season to taste with salt and serve alongside the chicken.