CHINESE · LUNCH · DINNER

Steamed Chicken with Shiitake and Red Dates

50 min · Serves 3 · 287 kcal a serve · Video 4:59 · Spice N' Pans

No dairy listed · No nuts listed

Steamed rather than fried, with shiitake and red dates giving savoury depth and natural sweetness, so no sugar goes into the marinade. About 19 g of protein a serve; rich in selenium and vitamin B6.

Diet notes: Paleo with a swap: arrowroot or tapioca starch instead of the cornflour, coconut aminos instead of the oyster sauce, coconut aminos instead of the premium dark soy sauce, coconut aminos instead of the soy sauce; Gluten-free with a swap: Use tamari and a gluten-free oyster sauce and dark soy to keep it gluten-free.

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Ingredients 14 · SERVES 3

- [ ] 11 oz **boneless chicken leg**, skin on, cut into bite-sized pieces
- [ ] **Soy sauce**: 1 tbsp light soy sauce
- [ ] ½ tbsp **oyster sauce**
- [ ] ½ tsp **salt**
- [ ] **white pepper**, a few dashes
- [ ] 1 tsp **premium dark soy sauce**
- [ ] 6 **dried shiitake mushrooms**, rehydrated and sliced into strips
- [ ] 10 **dried red dates** (jujubes), pitted
- [ ] ½ thumb-sized piece of **young ginger**, grated
- [ ] 2 **spring onion stems** (white part), lightly smashed
- [ ] 1 tbsp **cornflour**
- [ ] 1 tbsp **sesame oil**
- [ ] 1 tbsp **goji berries** (optional)
- [ ] sliced **spring onion greens**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Molluscs, Sesame, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the chicken into bite-sized pieces, leaving the skin on. Mix with the light soy sauce, oyster sauce, salt, white pepper and dark soy sauce. 0:52
2. Add the sliced rehydrated shiitake, pitted red dates, grated ginger and smashed spring onion stems and mix well. 1:35
3. Stir in the cornflour until you can no longer see it, then mix in the sesame oil. Marinate in the fridge for at least 30 minutes; take it out 10–15 minutes before steaming. 2:28
4. Bring a pot of water to the boil over medium-high heat and set a steaming rack over it. Spread the chicken evenly on a heatproof (not glass) plate and scatter over the goji berries, if using. 3:04
5. Cover and steam for 10 minutes until the chicken is cooked through. Garnish with spring onion greens. 3:23

> **Tip** Serves 3–4 as part of a meal with steamed rice or porridge, as the cook suggests. Remove the skin for a leaner dish.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
287 kcal 1,200 kJ	19 g 38% of a day	18 g 16 g net · 12 g sugars 7% of a day

FIBRE	FAT	SODIUM
2.1 g 7% of a day	16 g 3.8 g saturated 20% of a day	920 mg 40% of a day

Energy from net carbs 23% · protein 27% · fat 50% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 33% · Vitamin B6 21%

Source of (10–19%) Zinc 17% · Vitamin K 17% · Vitamin B12 10%

Recipe and video: Spice N' Pans (@spicenpans) on YouTube — youtube.com/watch?v=kKVQ_lmYxdY, published 24 May 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/steamed-chicken-shiitake-red-dates