

Chicken Florentine

(Two Sauce Versions)

Serves 2

Ingredients (Base)

- 300 g boneless, skinless chicken thighs, sliced (breast acceptable if sliced thin)
- 15 g olive oil (1 T)
- ½ tsp salt + MSG blend, divided (3 g total)
- ½ tsp black pepper, divided
- 30 g shallot, finely chopped (or red onion)
- 50–75 g shimeji or maitake mushrooms (optional)
- 6 g garlic (2 cloves), minced
- 80 ml dry white wine OR non-alcohol substitute (see notes)
- 210 g fresh spinach, trimmed (1 Japan package usable weight)



Sauce – Version A: Classic Cream

- 80 ml heavy cream
- 2 tsp (6 g) cornstarch
- Pinch nutmeg (optional)

Sauce – Version B: Creamy Soy-Milk

- 120 g 7-11 糖質ー75%オフ 調整豆乳
- 2 tsp (6 g) cornstarch
- ½ tsp white miso (recommended)
- 5 g butter OR 10 g grated Parmesan
- Pinch nutmeg (optional)

Finish (Both Versions)

- ½ tsp lemon juice, or to taste

Instructions

1. Heat **olive oil** in a wide skillet over **medium-high heat**. Season **chicken** with ¼ **tsp salt+MSG** and ¼ **tsp pepper**. Cook until just cooked through and lightly browned, **4–6 minutes**. Transfer to a plate and cover loosely.
2. Reduce heat to **medium**. Add **shallot** and **garlic**; cook **30–45 seconds** until fragrant.
3. Add **wine** or non-alcohol substitute. Scrape up browned bits and simmer **1–2 minutes** until reduced by about half.
4. Add **spinach** in batches and cook until just wilted, **1–2 minutes**.
5. Choose sauce version:

Version A

Whisk **cream**, **cornstarch**, remaining **salt+MSG**, remaining **pepper**, and **nutmeg**. Add to pan and simmer gently **1–2 minutes** until thickened.

Version B

Whisk **soy milk**, **cornstarch**, **miso**, remaining **salt+MSG**, remaining **pepper**, and **nutmeg**. Add to pan and simmer gently **1–2 minutes**. Stir in **butter** or **Parmesan** off heat.

6. Return chicken to the pan, warm through **30–60 seconds**, and finish with lemon juice.

Notes

- Chicken thighs are more forgiving and recommended, especially for the soy-milk version.
- Cornstarch is essential for structure in the soy-milk sauce.
- Finish with lemon juice to brighten the sauce without extra salt.
- Optional add-in: 50–75 g shimeji or maitake mushrooms sautéed with the shallot.

Non-Alcohol Substitutes for Wine

- Best balance: 60 ml water + 2 tsp lemon juice (+ ½ tsp sugar if sharp)
- Neutral: 80 ml water + ½ tsp apple cider vinegar
- More depth: 60 ml water + 1 tsp white miso (reduce added salt slightly)

Nutrition (Approximate)

Version A – Cream (per serving)

Kcal: 430 | Protein: 32 g | Fat: 28 g | Sat. Fat: 8 g | Carbs: 10 g | Sugars: 3 g | Fiber: 3 g | Sodium: ~520 mg | Omega-3: ~0.1 g

Version B – Soy Milk (per serving)

Kcal: 360 | Protein: 30 g | Fat: 20 g | Sat. Fat: 4 g | Carbs: 12 g | Sugars: 3 g | Fiber: 3 g | Sodium: ~540 mg | Omega-3: ~0.1 g