

Cheesy Asparagus Chicken Cutlets アスパラとマッシュルームのチーズチキンカツレット

Serves: 2 | Pan: 26 cm skillet

Ingredients

Chicken & Dredging:

- 2 chicken cutlets (鶏むねカツレット) Approx. 240–260 g total
- 20 g all-purpose flour (薄力粉)
- ½ tsp Italian seasoning
- ¼ tsp garlic powder
- Pinch smoked paprika
- Black pepper

Vegetables:

- 115 g asparagus (アスパラ), cut into 2.5 cm pieces
- 80 g mushrooms (しめじ・舞茸・マッシュルーム等)
- 75 g onion (玉ねぎ), thinly sliced

Sauce:

- 60 ml unsalted chicken broth
- 5 g flour for sauce thickening
- 60 ml dry white wine or dry sherry
- 30 g grated Parmesan cheese
- 25 ml cream + 20 ml milk or soy milk
- ¼ tsp salt + pinch MSG blend
- 1 T / 14 g olive oil

Finishing:

- 1 T parsley (イタリアンパセリ), chopped

Serving Suggestions (optional):

- 120–140 g cooked orzo per serving OR 140 g cooked rice/barley-rice blend per serving



Instructions

1. Prepare **chicken**.
 - Pat dry and season with **black pepper**.
2. Combine dredging **flour**, **Italian seasoning**, **garlic powder**, and **paprika**.
3. Lightly coat chicken in flour mixture.
 - Shake off excess.
4. Heat **olive oil** in 26 cm skillet over **medium heat**.
5. Add **chicken cutlets**.
 - Cook **3–4 minutes per side** until golden and cooked through.
 - Transfer to plate and keep warm.
6. Add **asparagus** to same skillet.
 - Cook **2–3 minutes** until slightly blistered.
 - Remove temporarily.
7. Add **mushrooms** and **onion**.

- Cook until lightly browned and moisture reduces.
8. Add **wine**.
 - Scrape pan well.
 - Reduce by about half.
 9. Whisk **broth** and **5 g flour** together.
 - Add to skillet.
 - Cook until slightly thickened.
 10. Reduce heat to **low**.
 11. Stir in **Parmesan** and **cream mixture**.
 - Do not boil after adding dairy.
 12. Season lightly with **salt + MSG blend**.
 13. Return **asparagus** and **chicken** to skillet.
 - Coat chicken with sauce.
 - Heat gently **1–2 minutes**.
 14. Finish with **parsley** and extra **Parmesan** if desired.

Notes

- Parmesan is easier to find in Japan and works very well in this sauce.
- Mushrooms add excellent umami and increase satiety with minimal calories.
- Skillet-cooking the asparagus gives better flavor than microwaving.
- Orzo is probably the best starch pairing because it absorbs the sauce beautifully.
- Rice or barley-rice also work surprisingly well for a Japanese-style dinner.

Nutrition

Per serving (*without optional starch*): Kcal: 470 | Protein: 43 g | Fat: 19 g | Sat Fat: 6 g | Carbs: 17 g | Sugars: 5 g | Fiber: 3 g | Sodium: 690 mg | Omega-3: 0.2 g

With 140 g cooked orzo: Kcal: 690 | Protein: 50 g | Fat: 20 g | Sat Fat: 6 g | Carbs: 60 g | Sugars: 6 g | Fiber: 5 g | Sodium: 700 mg | Omega-3: 0.2 g

With 140 g cooked rice: Kcal: 690 | Protein: 47 g | Fat: 19 g | Sat Fat: 6 g | Carbs: 64 g | Sugars: 5 g | Fiber: 4 g | Sodium: 690 mg | Omega-3: 0.2 g