

Miso-Glazed Chicken with Brown Rice and Sprouting Broccoli

A blood sugar-friendly Japanese bowl featuring tender chicken, nutty brown rice, and crisp broccoli with a savory miso dressing that won't spike glucose.

Prep: 15 min

Cook: 30 min

Total: 45 min

Servings: 2

GL 11.7 / GI 49

Ingredients

Low GI grain (GI ~50) that releases glucose slowly brown basmati rice

Lean protein helps stabilize blood sugar response skinless chicken breasts

High-fiber vegetable with minimal glycemic impact sprouting broccoli

Prebiotic vegetable that supports gut health spring onions, cut into diagonal slices

Healthy fats slow glucose absorption toasted sesame seeds

Fermented food with probiotics and low glycemic impact miso paste

Vinegar may improve insulin sensitivity rice vinegar

Use sparingly as it contains natural sugars mirin

Anti-inflammatory properties may support insulin function fresh ginger, grated

Instructions

Step 1

Rinse the brown basmati rice under cold water until the water runs clear. Cook according to package directions, typically 25-30 minutes in boiling water with a pinch of salt. Once tender, drain any excess water and set aside covered to keep warm. This yields approximately 1.5 cups cooked rice per serving for optimal glycemic load.

Step 2

While the rice cooks, bring a medium saucepan of water to a rolling boil. Add the chicken breasts, ensuring they're fully submerged. Boil for exactly 1 minute, then immediately turn off the heat, cover the pan with a tight-fitting lid, and let stand undisturbed for 15 minutes. This gentle poaching method keeps the chicken incredibly moist.

Step 3

Check that the chicken is cooked through by slicing into the thickest part—there should be no pink remaining and juices should run clear. Remove from the poaching liquid and let rest for 3-4 minutes, then slice into thin diagonal pieces.

Step 4

Bring a fresh pot of water to boil for the sprouting broccoli. Add the broccoli and cook for 3-4 minutes until bright green and tender-crisp. Immediately drain and rinse under cold running water to stop the cooking process and preserve the vibrant color and nutrients.

Step 5

Prepare the miso dressing by whisking together the miso paste, rice vinegar, mirin (or stevia alternative), and grated ginger in a small bowl until smooth and well combined. Add a teaspoon of warm water if needed to achieve a pourable consistency. If using mirin, note that this adds approximately 3-4g of sugar per serving, which is factored into the glycemic load calculation.

Step 6

Divide the warm brown rice between two shallow bowls or plates. Scatter the sliced spring onions and toasted sesame seeds evenly over the rice.

Step 7

Arrange the sprouting broccoli and sliced chicken breast on top of the rice in an attractive pattern. For best blood sugar control, eat the vegetables and protein first before the rice.

Step 8

Drizzle the miso-ginger dressing generously over the entire bowl. Serve immediately while the rice is still warm and the broccoli is crisp. Any leftover components can be stored separately in the refrigerator for up to 2 days.