



QCOOK

Spicy Coconut & Pineapple Chicken

with fluffy rice & charred pineapple rings

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Pack Viognier

Nutritional Info	Per 100g	Per Portion
Energy	679kJ	5237kJ
Energy	162kcal	1253kcal
Protein	8.3g	63.8g
Carbs	17g	128g
of which sugars	4.9g	37.6g
Fibre	0.9g	7g
Fat	7.1g	54.5g
of which saturated	3.3g	25.1g
Sodium	98mg	756mg

Allergens: Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
100ml	200ml	Coconut Cream
1	2	Garlic Clove/s <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
40ml	80ml	Citrus Juice Marinade <i>(15ml [30ml] Lime Juice, 15ml [30ml] Pineapple Juice & 10ml [20ml] Low Sodium Soy Sauce)</i>
10ml	20ml	Brown Sugar
15ml	30ml	Sriracha Sauce
15g	30g	Cashew Nut Halves <i>roughly chop</i>
100ml	200ml	White Basmati Rice <i>rinse</i>
1	1	Onion <i>peel & cut into thin wedges</i>
100g	200g	Fresh Pineapple Rings
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. MARINATION STATION Preheat the oven to 200°C. Pat the chicken dry with paper towel. In a bowl, combine the coconut cream, the garlic, the ginger, the citrus juice marinade, the brown sugar, the sriracha (to taste), a drizzle of oil, and seasoning. Add the chicken, toss to combine, and set aside.

2. TOAST Place the nuts in a pot over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. RICE Return the pot with the rice and 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

4. ROAST In a roasting tray, add the onion, coat in oil, and top with the chicken, reserving the excess marinade. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 10-15 minutes, top with the reserved marinade.

5. CHARRED PINEAPPLE Place a pan or a grill pan over medium heat with a drizzle of oil. When hot, fry the pineapple rings until charred, 1-2 minutes per side. Remove and set aside.

6. DINNER IS READY Make a bed of the rice, top with the juicy chicken & onions, and all the tray juices. Side with the charred pineapple rings and sprinkle over the nuts. Garnish with the coriander. Enjoy, Chef!