



QCOOK

Honey-garlic Chicken & Coconut Rice

with greenbeans & coconut flakes

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Ethan Shahim

Wine Pairing: Doos Wine | Doos Dry White 3L

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 790kj | 4991kj |
| Energy | 189kcal | 1194kcal |
| Protein | 8g | 50.7g |
| Carbs | 20g | 126g |
| of which sugars | 6.6g | 41.6g |
| Fibre | 1.3g | 8.3g |
| Fat | 8.3g | 52.4g |
| of which saturated | 6.6g | 41.6g |
| Sodium | 164mg | 1033mg |

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|--|
| 300ml | 400ml | Jasmine Rice <i>rinse</i> |
| 600ml | 800ml | Coconut Cream |
| 3 | 4 | Free-range Chicken Breasts |
| 15ml | 20ml | Onion Powder |
| 90ml | 125ml | Honey |
| 2 | 2 | Garlic Cloves <i>peel & grate</i> |
| 7.5ml | 10ml | Dried Chilli Flakes |
| 300g | 400g | Green Beans <i>rinse, trim & cut in half</i> |
| 90ml | 120ml | Lemon Soy <i>(30ml [40ml] Lemon Juice & 60ml [80ml] Low Sodium Soy Sauce)</i> |
| 45g | 60g | Coconut Flakes |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. CREAMY COCONUT RICE Place the rinsed rice in a pot with 150ml [200ml] of salted water and $\frac{3}{4}$ of the coconut cream. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork, mix in the remaining coconut cream, and cover.

2. INTO THE PAN Place the coconut flakes in a pan over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. HONEY-GARLIC CHICKEN Place the pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat with onion powder. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter, honey, garlic and chili flakes (to taste). Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

4. ZESTY BEANS Return the pan, wiped down, to medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 6-8 minutes (shifting occasionally). In the final 1-2 minutes, deglaze with the lemon soy. Remove from the pan, season, and cover.

5. TIME TO DINE Dish up your coconut rice, top with the chicken and all pan juices, serve with the green beans and garnish with coconut flakes. Enjoy, Chef.