



QCOOK

Honey-garlic Chicken & Coconut Rice

with greenbeans & coconut flakes

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

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 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
200ml	400ml	Coconut Cream
1	2	Free-range Chicken Breast/s
5ml	10ml	Onion Powder
30ml	60ml	Honey
1	1	Garlic Clove <i>peel & grate</i>
2.5ml	5ml	Dried Chilli Flakes
100g	200g	Green Beans <i>rinse, trim & cut in half</i>
30ml	60ml	Lemon Soy <i>(10ml [20ml] Lemon Juice & 20ml [40ml] Low Sodium Soy Sauce)</i>
15g	30g	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 50ml [100ml] 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 Return 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, 4-5 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.