

Eat Within 3 Days

# QCOOK

## Brazilian Coconut Chicken

**with jasmine rice**

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Jenna Peoples

**Wine Pairing:** Creation Wines | Creation Sauvignon Blanc/Semillon

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 405kJ | 3440kJ |
| Energy | 97kcal | 823kcal |
| Protein | 6.5g | 54.8g |
| Carbs | 5g | 38g |
| of which sugars | 2.5g | 21.1g |
| Fibre | 1.3g | 11g |
| Fat | 6g | 50.7g |
| of which saturated | 3.2g | 27.4g |
| Sodium | 42mg | 356mg |

**Allergens:** Sulphites, Allium

**Spice Level:** None

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|---|---|---|
| 300ml | 400ml | Jasmine Rice<br>*rinse* |
| 45g | 60g | Coconut Flakes |
| 6 | 8 | Free-range Chicken Pieces |
| 2 | 2 | Onions<br>*peel & roughly dice 1½ [2]* |
| 2 | 2 | Bell Peppers<br>*rinse, deseed & cut 1½ [2] into bite-sized pieces* |
| 45ml | 60ml | Brazilian Spice Mix<br>*(15ml [20ml] Ground Paprika, 7.5ml [10ml] Ground Cumin, 7.5ml [10ml] Ground Coriander & 15ml [20ml] Smoked Paprika)* |
| 300g | 400g | Cooked Chopped Tomato |
| 300ml | 400ml | Coconut Milk |
| 8g | 10g | Fresh Chives<br>*rinse & roughly chop* |
| 15ml | 20ml | Lime Juice |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Blender
Sugar/Sweetener/Honey

1. NICE RICE Place the rice in a pot with 600ml [800ml] of salted water. 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 and cover.

2. COCONUT CRUNCH 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. INTO THE PAN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel and season. When hot, fry the chicken until browned, 4-5 minutes per side. Remove from the pan and set aside (note the chicken will not yet be cooked through).

4. BRAZILIAN SAUCE Return the pan to medium heat with a drizzle of olive oil (if necessary). Fry the onion and pepper until soft, 8-10 minutes (shifting constantly). Add the Brazilian spice mix and fry until fragrant, 1-2 minutes. Add the cooked chopped tomatoes and the coconut milk. Simmer until the sauce has reduced slightly, 4-6 minutes. Season well and transfer the sauce to a blender. Blend until smooth and season.

5. ALL TOGETHER Return the chicken to the pan, along with the Brazilian sauce and 450ml [600ml] of water to medium heat. Cover with a lid and simmer until the chicken is cooked through, 12-15 minutes. Remove from the heat and add a sweetener (to taste).

6. WHAT A GREAT PLATE Just before serving, mix ½ the chives through the rice. Plate up the rice, top with the chicken pieces and the Brazilian sauce. Drizzle over the lime juice (to taste) and garnish with the remaining chives and the coconut flakes.

**Chef's Tip** To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.