



UCOOK

Spicy Coconut & Pineapple Chicken

with fluffy rice & charred pineapple rings

You will go loco after tasting this coco-pineapple chicken, Chef! After marinating in a mouthwatering concoction of coconut cream, citrus juice, brown sugar & sriracha, chicken is oven-roasted until golden perfection. Served with fluffy basmati rice, charred pineapple, toasted cashews and fresh coriander.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

Painted Wolf Wines | The Pack Blacktip
Mourvèdre 2020

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Ingredients & Prep

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

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. MARINATION STATION Preheat the oven to 200°C. Pat the chicken dry with paper towel. In a bowl, combine the coconut cream, the grated garlic, the grated 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 chopped cashews 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 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 wedges, 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 toasted cashew nuts. Garnish with the chopped coriander. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	679kJ
Energy	162kcal
Protein	8.3g
Carbs	17g
of which sugars	4.9g
Fibre	0.9g
Fat	7.1g
of which saturated	3.3g
Sodium	98mg

Allergens

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

Eat
Within
3 Days