

Eat Within 3 Days

UCOOK

Brazilian Coconut Chicken

with jasmine rice

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

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 1	[Serves 2]	
100ml	200ml	Jasmine Rice *rinse*
15g	30g	Coconut Flakes
2	4	Free-range Chicken Pieces
1	1	Onion *peel & roughly dice ½ [1]*
1	1	Bell Pepper *rinse, deseed & cut ½ [1] into bite-sized pieces*
17,.5ml	35ml	Brazilian Spice Mix *(7.5ml [15ml] Ground Paprika, 2.5ml [5ml] Ground Cumin, 2.5ml [5ml] Ground Coriander & 5ml [10ml] Smoked Paprika)*
100g	200g	Cooked Chopped Tomato
100ml	200ml	Coconut Milk
3g	5g	Fresh Chives *rinse & roughly chop*
5ml	10ml	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 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, 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, 3-4 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, 6-8 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, 3-4 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 150ml [300ml] of water to medium heat. Cover with a lid and simmer until the chicken is cooked through, 8-10 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.