

COCONUT, TURMERIC & GINGER-MARINATED CHICKEN BREAST WITH PEANUT SAUCE



DIFFICULTY

EASY



TIME

50 MIN



SERVES

1

INGREDIENTS

4 each 6-8 ounce boneless, skinless Chicken Breasts
8 ounce canned, full fat Coconut Milk
2 tsp Turmeric Powder
1 tsp Ginger Powder
1 tsp Garlic Powder
2 tsp Sriracha
2 tsp Honey or Maple Syrup
1 tbsp Cooking Oil
Salt and Pepper to Season
¼ Cup Prepared Peanut Sauce
Black Sesame Seeds, Green Onions and Chopped Cilantro to garnish

DIRECTIONS

1. In a large bowl, combine the Coconut Milk, Turmeric, Garlic Powder, Ginger, Sriracha and Honey. Add the chicken breast and marinate over night and up to 4 days
2. Preheat oven to 350 degrees
3. Heat a medium oven-proof sauté pan on your stove-top to medium high
4. Season both sides of chicken breasts with salt & pepper
5. Add oil to pan if you are not using a non-stick pan
6. Place breasts "round" or "presentation side" or "skin side" down
7. Cook over medium high heat for 3-4 minutes. They will become lightly browned
8. Turn Chicken Breast over. Turn off burner and place pan with chicken in oven
9. Cook Chicken Breast for 2.5 minutes per ounce of chicken. For example, an 8 ounce chicken breast will cook for 20 minutes. If you are cooking more than one chicken breast, cook in oven for time corresponding to the largest breast (so if you are cooking a 7 ounce and 9 ounce chicken breast, you will cook 9 ounces x 2:30 for a total of 22:30 minutes).
10. Let chicken rest for 3-4 minutes before slicing. Slice each breast into 6 pieces.
11. Top each serving with 1 tbsp of the Peanut Sauce, Sesame Seeds, Cilantro and Green Onion

NUTRITION FACTS PER SERVING

Calories: 294 Fat: 9g (Saturated Fat: 1.3g) Carbohydrates: 1g Fiber: 0.3g Sugar: 1g Protein: 22.7g



CALIFORNIA SCHOOLS
VEBA

Leslie Myers | Executive Foodie | VEBA Resource Center