Coconut Chicken

Serves 4

Ken's note: TBD

Chicken tenders braised in a light, fragrant coconut sauce with ginger, lemon peel, cumin, and ground macadamia nuts, sharpened with tamarind at the end. Serve over rice.

Ingredients

- 2 Tbsp extra-virgin olive oil
- 1 lb chicken breast tenders
- 1 Tbsp chicken broth
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger
- 1 tsp finely grated lemon peel
- ¼ tsp dried cilantro (or 1 Tbsp fresh)
- ⅛ tsp ground cumin
- Pinch of ground turmeric
- 1 cup light coconut milk (no sugar added)
- 2 Tbsp finely ground macadamia nuts
- ¼ tsp ground red pepper
- 1 tsp sugar (optional)
- 1 Tbsp tamarind paste, mixed with 2 tsp water
- Chopped scallion, to garnish

Method

1. Heat the oil in a large skillet over medium-high heat. Cook the chicken 5 minutes per side, until browned and no longer pink in the center. Set aside.
2. Heat the broth in the same skillet. Add the onion, garlic, cilantro, ginger, lemon peel, cumin, and turmeric and cook 5 minutes, until the onion is tender but not browned. Stir in the coconut milk, nuts, red pepper, and sugar. Return the chicken, cover, and simmer 10 minutes, until cooked through.
3. Move the chicken to a plate and keep it warm. Stir the tamarind into the sauce and boil gently until thickened to about 1 cup. Taste and salt at the end. Spoon the sauce over the chicken and garnish with scallion.