

Island Coconut Chicken



Makes:

6 servings

Utensil:

12" Electric Oil Core Skillet

5 Qt./4.7 L Multi-Purpose Oil Core

Rate ★★★★★☆

Recipe:

[Write a Review](#)

Recipe Description:

This one-dish meal has an exotic taste of the islands and it's rich in potassium and vitamin A, and low in sodium. Surprise your family or guests with this interesting and nutritious dinner.

2 cups
rice, white or brown, follow package instructions and cook in MP5
(370
g)
1 ¼ pounds
chicken, boned, skinned, cut into 1 inch pieces
(567
g)
½ cup
onion, sliced, use Cone #4
(80
g)
13.5 ounces
coconut milk, light
(400
mL)
½ acorn squash, peeled and cut into 1 inch cubes,
approximately 2 cups
(280
g)
2 tablespoons
fresh ginger, peeled and minced
(30
mL)
1 ½ tablespoons
curry
(22.5
mL)
⅛ teaspoon
ground cloves
(.6
mL)
½ teaspoon
black pepper

(2.5
mL)
1/4 teaspoon
salt
(1.25
mL)
2 red, green yellow or orange bell peppers, cut into 1 inch
squares
1 medium
banana, firm, sliced
2 tablespoons
lime juice
(30
mL)
flaked coconut, toasted, optional
peanuts, chopped, optional

Directions:

1. Place rice and water into electric roaster and set control to RIC1.
2. Preheat electric skillet to 375°/107°C. Stir-fry chicken and onion until chicken is browned.
3. Stir in coconut milk, squash, ginger, curry, cloves, pepper and salt. Bring to a boil, reduce heat to 225°F/191°C, stir, cover and cook for 10-15 minutes or until squash is tender.
4. Stir in bell peppers and cook for an additional 4 minutes, or until pepper is tender-crisp.
5. Stir in banana and lime juice.
6. Serve over rice. Sprinkle with toasted coconut and chopped peanuts.

Tips:

- Toasted coconut and chopped peanuts are optional but really add to the flavor of the dish

Nutritional Information per

▼ Serving

Calories: 292
Total Fat: 5g
Saturated Fat: 4g
Cholesterol: 56mg
Sodium: 79mg
Total 36g
Carbs:
Dietary Fiber: 4g
Sugar: 8g
Protein: 26g