

Island Coconut Chicken



Makes:

6 servings

Utensil:

12" Electric Oil Core Skillet

5 Qt./4.7 L Multi-Purpose Oil Core

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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 ¹/₄

pounds

chicken, boned, skinned, cut into 1 inch pieces

(567

g)

¹/₂

cup

onion, sliced, use Cone #4

(80

g)

13.5

ounces

coconut milk, light

(400

mL)
1¹?₂

acorn squash, peeled and cut into 1 inch cubes, approximately 2
cups
(280
g)

2
tablespoons
fresh ginger, peeled and minced
(30
mL)
1¹?₂

tablespoons
curry
(22.5
mL)
1¹?₈

teaspoon
ground cloves
(.6
mL)
1¹?₂

teaspoon
black pepper
(2.5
mL)
1¹?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 Carbs:

36g

Dietary Fiber:

4g

Sugar:

8g

Protein:

26g