

Lemongrass Seared Chicken



Makes:

4 servings

Utensil:

11" Large Skillet with Cover

Blender

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Contributed By:

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Recipe Description:

Serve this delicious low-fat, low-calorie chicken recipe over
Lentil Spinach Sauté and drizzle with **Carrot Ginger Reduction**.

2
ounces
fresh lemongrass, trimmed and chopped
(57
g)
1
fresh jalapeño, seeds removed
?2
cup
chopped fresh cilantro
(8
g)
2

garlic cloves
1
ounce
pineapple juice
(30
mL)
2
teaspoons
ground coriander
(4
g)
2
ounces
fish sauce
(60
mL)
3
ounces
lime juice
(90
mL)
4
boneless skinless chicken breasts (approximately 4-5 ounces each)
(113 - 142
g)

Directions:

1. Trim lemongrass to remove ends and tough outer layer. Remove seeds from jalapeño, and remove stems from cilantro and chop.
2. Add jalapeño, chopped cilantro, garlic cloves, pineapple juice, coriander, fish sauce and lime juice into a blender and mix until smooth. Add lemongrass and mix again until smooth. This is the marinade for the chicken.
3. Transfer chicken breasts to a marinating bowl or dish. Pour marinade over chicken, cover with plastic wrap or foil and marinate in refrigerator for 1½ - 2 hours.
4. Preheat skillet over medium-high heat. When several drops of water sprinkled on skillet skitter and dissipate, add chicken breasts to skillet and sear. Cook for 3 - 5 minutes or until meat releases from skillet.
5. Flip chicken and lower heat to medium-low. Cover skillet and cook chicken 5 - 6 more minutes or until cooked through. Let rest for 2 minutes.
6. Discard all remaining marinade.
7. Serve over Lentil Spinach Sauté and drizzle with Carrot Ginger Reduction.

Tips:

- One 3-ounce package of lemongrass usually yields 2 ounces usable "hearts of lemongrass."

Nutritional Information per Serving**Calories:**

191

Total Fat:

2g

Saturated Fat:

1g

Cholesterol:

82mg

Sodium:

1192mg

Total Carbs:

8g

Dietary Fiber:

1g

Sugar:

2g

Protein:

34g