



More Than Food

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Teriyaki Chicken with Coco-Nutty Rice & January King Cabbage

Japanese food can be pretty dangerous stuff. For thrill seekers out there, Fugu is a well-known delicacy which, if prepared incorrectly, can kill a rhinoceros within minutes. Chefs train for years to prepare the fish in just the right way, but they always leave just enough poison on each piece to numb the lips. Apparently diners enjoy the brush with death. We're glad to say that teriyaki is neither dangerous, nor will it take you years to master.



30 mins



healthy



lactose free



January King Cabbage (½)



Garlic Clove (1)



Chicken Thigh (4)



Coconut Powder (1½ tbsp)



Basmati Rice (1 cup)



Cashew Nuts (1½ tbsp)



Ginger (1 tbsp)




Honey (¾ tbsp)



Soy Sauce (1½ tbsp)

Ingredients

	2 PEOPLE	ALLERGENS
January King Cabbage, sliced	½	
Garlic Clove, chopped	1	
Chicken Thigh	4	
Coconut Powder	1½ tbsp	
Basmati Rice	1 cup	
Cashew Nuts	1½ tbsp	Nut
Ginger, chopped	1 tbsp	
Honey	¾ tbsp	
Soy Sauce	1½ tbsp	Gluten, Soya

 Our produce comes fresh from the farm so give it a little wash before using

Nutrition per serving: Calories: 527 kcal | Protein: 45 g | Carbs: 53 g | Fat: 15 g | Saturated Fat: 6 g

1



1 Boil 350ml of water in a pot in preparation for your rice. Chop your cabbage in half and then thinly slice one half of it. Place the flat side of a large knife on your garlic and press down firmly to release the skin. Peel and chop the garlic finely. Finally, very thinly slice your chicken.

4



2 Stir ¼ tsp of salt and the coconut powder into the boiling water. Add your rice to the pot, cover with a lid and cook for 10 mins then remove the pot from the heat and leave to rest for 10 mins. Don't peek under the lid until the 20 mins are up!

6



3 Put a non-stick frying pan on medium-high heat and toast the cashew nuts. *Tip: Watch your nuts like a sheepdog watching its flock, because they can burn really easily.* Remove them from the pan and keep to the side for later.

7



4 Peel the piece of ginger using the edge of a spoon. Now finely chop up the peeled ginger.

5 To make your teriyaki sauce, simply mix the garlic, ginger, honey and soy sauce together thoroughly in a bowl with 1 tbsp of water.

6 Put 1 tbsp of oil in your frying pan (you can use the one you toasted your cashews in - no need to wash!) on medium heat and add your cabbage along with ¼ tsp of salt and a good grind of pepper. Cook for 5-7 mins until it has cooked down.

7 In the meantime, heat 1 tbsp of olive oil in another frying pan on high heat until it is almost smoking. Cook your chicken in two batches for 2-3 mins to brown it off. *Tip: Cooking it in batches will mean the pan isn't overcrowded, so the meat will brown off instead of stewing.*

8 Put the chicken back into the pan and add in the teriyaki sauce. Continue to cook for 2-3 mins. When the cabbage has cooked down, add it to the chicken and stir everything together.

9 Fluff up your rice with a fork and serve with your chicken and a sprinkling of toasted cashew nuts.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!