

Asian Style Chicken

Chicken

4 chicken thighs

4 tbsp tamari sauce

Juice of 1-2 lemons or 6 tbsp of lemon juice

Coconut vegetable rice

1 carrot, finely diced

3 sticks of celery, thinly sliced

1 zucchini, finely diced

1 onion, finely diced

1-2 tsp crushed ginger

1 cup of brown rice or basmati rice

Macadamia oil for cooking

1-2 tin coconut milk

Finely chop vegetable first so they are ready to go

Place chicken into a casserole dish and cover with a bath of the tamari sauce and the squeezed lemon juice and place in a moderate oven to until browned and cooked through, takes about

30min. Open oven door and spoon the lemon juice and tamari sauce at 10 min intervals.

While the chicken is cooking prepare the coconut vegetable rice. In a large saucepan or fry pan fry the vegetable and ginger on a moderate heat in some macadamia oil. Continue to stir the vegetables to prevent sticking.

Once these are half cooked through and browned add 1 tin of coconut milk. Then add the rice to this, so that you are cooking the rice in coconut milk. Once rice and vegetables are cooked it is ready to serve.

Serve by placing a mound of the rice on a plate and then get a chicken thigh and slice horizontally and place on top. Spoon the left over lemon and tamari marinade over the top for additional flavour.

Thanks for Aunty Deb for this tasty inspiration.