



Thai Coconut Chicken with Pineapple Salsa

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

- 1 ½ lbs boneless, skinless chicken thighs, cut into ½-inch wide strips
- Coarse salt and freshly ground black pepper
- 1 Tbsp peanut, safflower, or canola oil
- 2 Tbsp minced garlic
- 1 Tbsp minced peeled fresh ginger
- 1-2 tsp fish sauce
- 1 cup well-shaken light coconut milk
- 1 ½ cups chopped fresh pineapple, divided
- ½ cup chopped scallions
- 1 Thai chili, thinly sliced crosswise
- 2 cups hot cooked brown rice, (preferably sticky rice) for serving

Steps:

- Season chicken with salt and pepper. Heat oil in a large skillet over medium-high heat. Cook chicken, stirring occasionally, until opaque and golden brown in places, about 3 minutes.
- Add garlic and ginger, stir, and cook until fragrant, about 30 seconds.
- Add fish sauce, coconut milk, and ½ cup pineapple and bring to a boil. Stir, reduce heat to low, and partially cover. Simmer until chicken is cooked through, about 8 minutes.
- Meanwhile, in a small mixing bowl, stir together remaining pineapple, scallions, and chili.
- To serve, divide chicken with sauce among individual serving bowls. Top with rice and pineapple salsa.

Tips from the Test Kitchen: If you can't find brown sticky rice, brown basmati or jasmine will work too. Fish sauce can lend a strong flavor, so start with a teaspoon then add more to taste. A Thai chili is quite hot and may be found in an Asian market or some supermarkets. A jalapeno pepper can be substituted, with the seeds removed if you don't want it too spicy. For more vegetables, add big chunks of zucchini and red pepper at the same time as the coconut milk, or try other vegetables you like.

Nutritional Facts: per serving Calories: 452, Carbohydrates: 38 grams, Protein: 38 grams, Total Fat: 15 grams, Saturated Fat: 4 grams, Cholesterol: 136 mg, Sodium: 880 mg, Fiber: 3 grams, Total Sugars: 8 grams.