Chicken curry with pineapple and lemon rice

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Cooking time	30 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Preparation

600 g chicken thighs

Salt

Pepper

½ pineapple

1 shallot

1 clove of garlic

1 chilli pepper, red

2 tsp curry powder, mild

Coconut oil, for frying

Season the chicken with salt and pepper.

Peel the pineapple and cut into wedges. Peel and finely chop the shallot and garlic. Finely chop the chilli pepper.

Heat the coconut oil in a pan. Add and sweat the shallot, garlic and chilli pepper. Next, add and sweat the pineapple and curry powder. Add the chicken.

350 g coconut milk

1 tbsp cornflour

50 g cashew nuts

Mix the coconut milk and cornflour together and add to the pan. Bring everything to the boil, then transfer to the porcelain dish.

Roast the cashew nuts, coarsely chop and scatter over the chicken curry.

250 g rice

1 lemon

250 ml poultry stock

Zest the lemon. Put the rice in the porcelain dish along with the lemon zest and poultry stock.

Put the two porcelain dishes next to each other on the wire shelf in the cold cooking space. Cook.

Steaming 100 °C for 30 Mins

Salt

Pepper

When done, season the curry with salt and pepper and allow to stand for 5 minutes.

אביזרים

2 porcelain dishes ⅓ GN, depth 65 mm

Wire shelf

מידע נוסף

הופק ביום	11.12.2019