



Coconut-Curried Chicken with Roasted Eggplant

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken breast halves boneless with skin
- 1 tablespoon curry powder
- 2 tablespoons cooking wine dry white
- 12 ounces freshly egg noodles cooked for serving
- 1.3 pound eggplant peeled cut into 3-by-1 inch sticks
- 0.3 cup cilantro leaves fresh
- 1 tablespoon ginger fresh finely chopped

- 1 garlic clove minced
- 0.5 teaspoon lemon zest
- 1 teaspoon lemon zest finely grated
- 1 tablespoon vegetable oil; peanut oil preferred
- 1.5 tablespoons vegetable oil; peanut oil preferred
- 4 servings salt and pepper freshly ground
- 1 large shallots minced
- 1 tablespoon soya sauce
- 1 teaspoon soya sauce
- 0.5 teaspoon sugar
- 2 tablespoons peanuts unsalted chopped
- 0.5 cup coconut milk unsweetened

Equipment

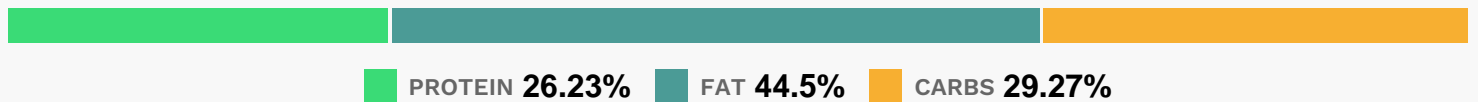
- frying pan
- baking sheet
- oven
- spatula

Directions

- Make the marinade and marinate the chicken: In a large shallow glass or ceramic dish, combine the wine with the peanut oil, curry powder, ginger, soy sauce, garlic, shallot and lemon zest.
- Add the chicken breasts to the marinade and turn to coat. Set aside for at least 20 minutes or overnight.
- Preheat the oven to 45
- Spread a little of the the peanut oil on a large baking sheet. Arrange the eggplant on the sheet and season with salt and pepper.
- Bake on the bottom shelf of the oven until the sticks are well browned on the bottom, about 25 minutes. Using a metal spatula, scrape the eggplant from the sheet and set aside.

- In a large skillet, heat the remaining peanut oil over high heat until almost smoking.
- Add the chicken breasts, skin side down, and reduce the heat to moderately high. Cook the chicken until the skin is nicely browned, about 3 minutes. Turn the chicken and add 1 cup of water and the sugar. Cover, reduce the heat to moderately low and simmer until the chicken is cooked through, about 8 minutes.
- Transfer the chicken to a plate.
- Increase the heat to moderately high and add the soy sauce and lemon zest. Boil the cooking liquid to thicken it slightly and concentrate the flavor. Return the chicken to the skillet, add the coconut milk and simmer for 1 minute.
- Transfer the chicken to plates. Toss the eggplant with the egg noodles and arrange next to the chicken.
- Pour the sauce over the chicken and noodles and garnish with the cilantro leaves and peanuts.

Nutrition Facts



Properties

Glycemic Index:76.77, Glycemic Load:12.22, Inflammation Score:-7, Nutrition Score:24.475652109022%

Flavonoids

Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 495.52kcal (24.78%), Fat: 24.75g (38.08%), Saturated Fat: 9.46g (59.15%), Carbohydrates: 36.64g (12.21%), Net Carbohydrates: 29.18g (10.61%), Sugar: 7.99g (8.88%), Cholesterol: 96.98mg (32.33%), Sodium: 674.83mg (29.34%), Alcohol: 0.77g (100%), Alcohol %: 0.24% (100%), Protein: 32.83g (65.65%), Selenium: 59.98µg (85.69%), Vitamin B3: 14.68mg (73.4%), Manganese: 1.19mg (59.26%), Vitamin B6: 1.12mg (55.92%), Phosphorus: 413.24mg (41.32%), Fiber: 7.46g (29.83%), Potassium: 979.59mg (27.99%), Magnesium: 100.94mg (25.23%), Vitamin B5: 2.45mg (24.5%), Vitamin E: 2.93mg (19.55%), Copper: 0.38mg (18.78%), Folate: 60.15µg (15.04%), Iron: 2.6mg (14.43%), Zinc: 1.98mg (13.23%), Vitamin B2: 0.22mg (12.73%), Vitamin B1: 0.19mg (12.44%), Vitamin K: 9.97µg

(9.5%), Vitamin C: 7.54mg (9.14%), Calcium: 52.5mg (5.25%), Vitamin B12: 0.3µg (5.04%), Vitamin A: 167.32IU (3.35%), Vitamin D: 0.2µg (1.32%)