



Crunchy Macadamia Nut Chicken over Tropical Fruit Paella

READY IN



105 min.

SERVINGS



4

CALORIES



1667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup canola oil
- 2 cups chicken stock see
- 1 teaspoon thyme dried
- 2 tablespoons flour
- 1 tablespoon garlic chopped
- 2 tablespoons ginger peeled chopped
- 2 tablespoons spring onion chopped
- 1 cup jasmine rice

- 1 teaspoon kosher salt
- 1 lemon grass
- 0.8 cup macadamia nuts
- 1 mangos diced pitted peeled
- 1 cup mango chutney
- 0.5 cup mayonnaise (I use Hellmans)
- 0.3 cup olive oil divided
- 1 onion diced
- 1 papaya diced peeled seeded
- 2 tablespoons parmesan cheese grated
- 0.5 small pineapple rings diced canned peeled (you could use and then dice)
- 0.5 cup pineapple rings diced canned (again, you could use and then dice)
- 1 cup oats
- 1 large bell pepper diced red seeded
- 4 servings pepper black freshly ground to taste
- 24 oz chicken breast halves boneless skinless
- 0.5 cup butter unsalted melted for us (depending on the size of your chicken breasts, you may need more. This amount was enough)
- 0.5 cup water chopped

Equipment

- food processor
- bowl
- frying pan
- paper towels
- sauce pan
- sieve

Directions

- Tropical Fruit Paella:.
- Put the rice in a sieve and rinse under cold running water until the water runs clear.
- Drain well. In a saucepan, heat 2 Tablespoons of the olive oil over medium heat.
- Add onion and sautee for about 3 minutes, until soft.
- Add the rice, lemongrass and salt and stir well.
- Add the stock, stir, cover and cook for 12 to 14 minutes over medium heat until the rice is tender and the liquid is absorbed.
- Remove and discard the lemongrass. Meanwhile, in a skillet, heat the remaining 2 Tablespoons of oil over medium-high heat.
- Add the ginger and garlic and sautee for 4 to 5 minutes.
- Add the bell pepper, green onion, water chestnuts, and all the fruits and saute lightly for about 2 minutes, until heated through.
- Add this mixture to the rice and toss to combine. Keep warm until serving time. Pineapple Chutney Dipping Sauce:.
- Combine all of the ingredients in a bowl and mix well. Set aside. Chicken:.
- Put the rolled oats in a food processor and pulse until finely chopped.
- Transfer to a bowl.
- Put the macadamia nuts in the food processor and pulse until finely chopped but not stuck together.
- Add the nuts to the oatmeal and mix well.
- Add the flour, thyme and Parmesan cheese and mix well again. Season with salt and pepper, to taste. Dip the chicken breasts into the melted butter. Dredge the breasts in the oats mixture until they are well coated. In a large skillet, heat the canola oil over medium-high heat.
- Add the chicken breasts skin side down and fry, turning once, for about 4 minutes on each side, until crispy and brown and cooked through.
- Transfer to paper towels to drain. To
- Serve: Put a spoonful of the paella in the center of each plate and top with a chicken breast.
- Serve with the dipping sauce alongside.

Nutrition Facts



■ PROTEIN 12.1% ■ FAT 53.05% ■ CARBS 34.85%

Properties

Glycemic Index:148.67, Glycemic Load:73.04, Inflammation Score:-10, Nutrition Score:50.254348257314%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 1666.91kcal (83.35%), Fat: 99.48g (153.04%), Saturated Fat: 26g (162.51%), Carbohydrates: 147.01g (49%), Net Carbohydrates: 137.26g (49.91%), Sugar: 64.12g (71.24%), Cholesterol: 187.4mg (62.47%), Sodium: 1219.23mg (53.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.06g (102.11%), Vitamin C: 133.36mg (161.65%), Manganese: 2.79mg (139.65%), Vitamin B3: 22.63mg (113.15%), Selenium: 78.01µg (111.45%), Vitamin B6: 1.83mg (91.55%), Vitamin K: 84.19µg (80.18%), Vitamin A: 3421.33IU (68.43%), Phosphorus: 673.96mg (67.4%), Vitamin E: 8.17mg (54.49%), Vitamin B1: 0.74mg (49.3%), Magnesium: 190.53mg (47.63%), Potassium: 1483.66mg (42.39%), Fiber: 9.76g (39.02%), Vitamin B5: 3.78mg (37.82%), Copper: 0.74mg (37.04%), Vitamin B2: 0.56mg (33.08%), Folate: 123.97µg (30.99%), Iron: 4.96mg (27.54%), Zinc: 3.26mg (21.75%), Calcium: 152.08mg (15.21%), Vitamin B12: 0.46µg (7.6%), Vitamin D: 0.66µg (4.43%)