



## Lime-Coconut Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**410 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 3 tablespoons cilantro leaves coarsely chopped
- ☐ 1 tablespoon hot sauce
- ☐ 1 tablespoon juice of lime fresh for serving
- ☐ 4 servings salt and pepper freshly ground
- ☐ 3 large scallions thinly sliced
- ☐ 1 pound chicken breasts boneless skinless cut into 1-inch pieces
- ☐ 1 teaspoon soya sauce

- ☐ 1 teaspoon sugar
- ☐ 0.8 pound watercress trimmed finely chopped
- ☐ 14 ounce coconut milk unsweetened canned

## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ In a medium bowl, combine 1 tablespoon of the oil with 1 teaspoon of the hot sauce, the soy sauce and 1/2 teaspoon of the sugar.
- ☐ Add the chicken and toss to coat. Refrigerate for 1 hour or overnight.
- ☐ Heat a large nonstick skillet over moderately high heat.
- ☐ Add the chicken, season with salt and pepper and cook, shaking the pan occasionally, until browned and just cooked through, 4 to 5 minutes.
- ☐ Transfer the chicken to a plate.
- ☐ Heat the remaining 1 teaspoon of oil in the skillet.
- ☐ Add the scallions and watercress stems and cook until crisp-tender and lightly browned, 2 to 3 minutes.
- ☐ Add the watercress leaves and cook, stirring, until wilted, 1 to 2 minutes.
- ☐ Transfer the watercress to the plate with the chicken.
- ☐ Add the coconut milk, lime juice, remaining 2 teaspoons of hot sauce and 1/2 teaspoon of sugar to the skillet. Bring to a simmer and cook until reduced by one-third, about 5 minutes. Stir the chicken and watercress into the sauce, season with salt and pepper and warm through.
- ☐ Add the cilantro and serve immediately.
- ☐ Serve With: Steamed rice
- ☐ Wine Recommendation: The lime-coconut sauce calls for a wine with a citrusy acidity of its own. Pick an Australian Riesling, such as the 1998 Grosset Polish Hill or the 1998 Pikes.

## Nutrition Facts



 **PROTEIN 27.14%**  **FAT 63.92%**  **CARBS 8.94%**

Properties

Glycemic Index:53.27, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:30.003043506456%

Flavonoids

Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 19.84mg, Kaempferol: 19.84mg, Kaempferol: 19.84mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 27.68mg, Quercetin: 27.68mg, Quercetin: 27.68mg, Quercetin: 27.68mg

Nutrients (% of daily need)

Calories: 410.07kcal (20.5%), Fat: 30.2g (46.46%), Saturated Fat: 21.87g (136.68%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 6.28g (2.28%), Sugar: 5.05g (5.61%), Cholesterol: 72.57mg (24.19%), Sodium: 547.99mg (23.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.85g (57.7%), Vitamin K: 255.29µg (243.13%), Vitamin B3: 12.93mg (64.64%), Selenium: 43.35µg (61.93%), Vitamin A: 2962.21IU (59.24%), Manganese: 1.17mg (58.73%), Vitamin C: 47.82mg (57.97%), Vitamin B6: 1.01mg (50.67%), Phosphorus: 398.44mg (39.84%), Potassium: 1026.19mg (29.32%), Magnesium: 88.87mg (22.22%), Vitamin B5: 2.09mg (20.94%), Copper: 0.38mg (19.09%), Iron: 2.58mg (14.31%), Vitamin B2: 0.24mg (13.93%), Calcium: 139.21mg (13.92%), Vitamin E: 1.95mg (13%), Fiber: 3.23g (12.92%), Vitamin B1: 0.19mg (12.57%), Folate: 41.01µg (10.25%), Zinc: 1.51mg (10.04%), Vitamin B12: 0.23µg (3.78%)