



## Macadamia Chicken with Orange-Ginger Sauce and Coconut Pilaf

READY IN



60 min.

SERVINGS



4

CALORIES



862 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings pepper black freshly ground
- 2 tbsp butter
- 4 servings coconut pilaf
- 1 cup coconut milk
- 1 cup flour all-purpose
- 1.5 tablespoons garlic chopped
- 1.5 tablespoons ginger chopped
- 4 servings kosher salt

- 1 cup chicken broth reduced-sodium
- 2 tbsp olive oil
- 0.5 cup orange juice freshly squeezed (from 2 oranges)
- 1 cup panko bread crumbs dried fine (Japanese bread crumbs)
- 4 oz roasted salted finely chopped
- 1 cup shallots chopped
- 4 boned (each 6 to 7 oz.)
- 0.5 cup viognier dry white

## Equipment

- food processor
- bowl
- frying pan
- paper towels
- oven
- blender
- baking pan
- spatula

## Directions

- Preheat oven to 37
- Put flour and coconut milk in separate wide, shallow bowls. In another bowl, mix nuts and panko. Rinse chicken and pat dry.
- Sprinkle all over with salt and pepper.
- Put 2 tbsp. butter and 2 tbsp. olive oil in a large frying pan over medium heat. Dredge chicken in flour, shaking off excess; dip into coconut milk, letting excess drip off; then press into nut mixture to coat on all sides. Reserve coconut milk.
- Lay chicken in frying pan in a single layer and cook until golden brown on the bottom, 3 to 4 minutes. With a spatula, turn pieces (taking care not to break off nut coating) and brown on the other side, 2 to 3 minutes longer.

- Transfer chicken to a baking pan and bake until no longer pink in center of thickest part (cut to test), 15 to 20 minutes.
- Meanwhile, wipe any scorched nuts from pan with a paper towel. If pan is dry, add 1 tbsp. each butter and olive oil, then shallots, ginger, and garlic. Cook over medium heat, stirring often, until beginning to brown, about 5 minutes.
- Pour in broth, wine, and orange juice. Boil until liquid is reduced by about half, 8 to 10 minutes.
- Pour mixture into a blender and, holding lid down tightly with a towel, whirl until very smooth. Return sauce to frying pan and add 1/4 cup reserved coconut milk (discard remainder) and salt and pepper to taste; stir over low heat until hot, then pour into a small bowl.
- Spoon Coconut Pilaf onto plates, top with chicken, and serve with sauce.
- \*Chop the nuts by pulsing briefly in a food processor. Finely shred the peel from the oranges and save it for the pilaf.

## Nutrition Facts

■ PROTEIN **16.74%**
■ FAT **56.47%**
■ CARBS **26.79%**

### Properties

Glycemic Index:104, Glycemic Load:23.53, Inflammation Score:-8, Nutrition Score:32.936086758323%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg, Hesperetin: 3.82mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

### Nutrients (% of daily need)

Calories: 862.26kcal (43.11%), Fat: 54.18g (83.36%), Saturated Fat: 22.69g (141.84%), Carbohydrates: 57.85g (19.28%), Net Carbohydrates: 50.89g (18.51%), Sugar: 10.64g (11.82%), Cholesterol: 87.58mg (29.19%), Sodium: 519.33mg (22.58%), Alcohol: 3.09g (100%), Alcohol %: 0.86% (100%), Protein: 36.14g (72.29%), Manganese: 2.4mg (120.23%), Vitamin B3: 16.87mg (84.34%), Selenium: 53.86µg (76.94%), Vitamin B6: 1.26mg (62.84%), Vitamin B1: 0.89mg (59.5%), Phosphorus: 485.84mg (48.58%), Iron: 6.84mg (38.01%), Magnesium: 130.37mg (32.59%), Potassium: 1102.82mg (31.51%), Copper: 0.61mg (30.55%), Folate: 121.7µg (30.43%), Vitamin C: 23.89mg (28.96%),

Fiber: 6.95g (27.81%), Vitamin B2: 0.43mg (25.05%), Vitamin B5: 2.44mg (24.38%), Zinc: 2.29mg (15.24%), Calcium: 112mg (11.2%), Vitamin E: 1.64mg (10.94%), Vitamin K: 6.88µg (6.55%), Vitamin B12: 0.35µg (5.83%), Vitamin A: 276.51IU (5.53%)