



Sticky Rice with Chicken



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



430 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 chicken breast shredded chopped
- ☐ 2 chicken thighs shredded chopped
- ☐ 0.8 cup coconut milk
- ☐ 1 cup coconut milk
- ☐ 2 tablespoons brown sugar dark
- ☐ 1 large clove garlic minced
- ☐ 1.5 tablespoons ground coriander

- ☐ 1 tablespoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 large shallots finely chopped
- ☐ 1.5 cups short-grain sushi rice rinsed drained
- ☐ 10 swiss chard leaves
- ☐ 1 teaspoon vegetable oil

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ grill pan
- ☐ cutting board

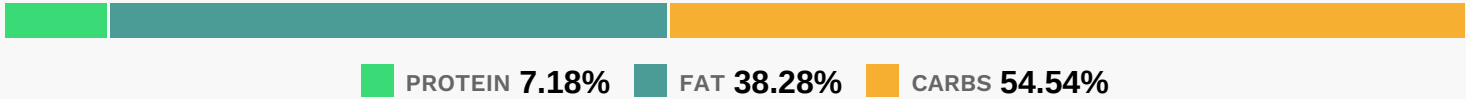
Directions

- ☐ For the rice: In a medium saucepan, combine the rice, coconut milk, 1 cup water and the salt. Bring to a boil over medium-high heat, then reduce the heat, cover and simmer until the liquid has been absorbed, about 15 minutes.
- ☐ Heat the oil in a large nonstick skillet over medium heat.
- ☐ Add the coriander, cumin, salt, black pepper, garlic and shallots and cook, stirring constantly, until the garlic and shallots have softened, about 2 minutes. Stir in the coconut milk and sugar and bring to a boil.
- ☐ Add the chicken and stir to coat with the sauce. Cook, stirring occasionally, until the sauce has thickened, about 5 minutes.
- ☐ For assembly: Preheat a nonstick grill pan over medium-high heat.
- ☐ Layer the 2 halves of a Swiss chard leaf perpendicular to each other on a cutting board to create a cross shape. Spoon 2 tablespoons of the rice into the center where the leaves meet and flatten the rice into a rectangle.
- ☐ Layer 2 tablespoons of the chicken filling evenly over and top with an additional tablespoon of rice to cover the chicken. Fold the top and bottom of the Swiss chard leaf over the filling to

make a small square package. Repeat with the remaining leaves, rice and chicken.

- ☐ Grill the packages in batches until the leaves are charred on both sides, about 5 minutes per side.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:40.67, Inflammation Score:-10, Nutrition Score:28.132608715526%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 5.57mg, Kaempferol: 5.57mg, Kaempferol: 5.57mg, Kaempferol: 5.57mg Myricetin: 2.99mg, Myricetin: 2.99mg, Myricetin: 2.99mg, Myricetin: 2.99mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 429.78kcal (21.49%), Fat: 18.86g (29.02%), Saturated Fat: 15.26g (95.37%), Carbohydrates: 60.47g (20.16%), Net Carbohydrates: 56.3g (20.47%), Sugar: 6.14g (6.82%), Cholesterol: 0.45mg (0.15%), Sodium: 569.24mg (24.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.91%), Vitamin K: 798.73µg (760.7%), Vitamin A: 5887.65IU (117.75%), Manganese: 1.69mg (84.55%), Iron: 8.04mg (44.68%), Folate: 165.05µg (41.26%), Vitamin C: 30.59mg (37.07%), Magnesium: 139.23mg (34.81%), Vitamin B1: 0.41mg (27.37%), Copper: 0.51mg (25.48%), Phosphorus: 194.64mg (19.46%), Potassium: 652.19mg (18.63%), Vitamin B3: 3.51mg (17.55%), Fiber: 4.17g (16.67%), Selenium: 10.74µg (15.34%), Vitamin E: 1.93mg (12.88%), Vitamin B6: 0.25mg (12.72%), Vitamin B5: 1.09mg (10.9%), Zinc: 1.62mg (10.78%), Calcium: 94.46mg (9.45%), Vitamin B2: 0.13mg (7.42%)