



Chicken breast in Coco Tara Coconut Milk sauce

Ingredients for 4 persons:

4 Fillets of chicken breast, each 125 g
1 Onion
1 Walnut-sized piece of ginger root
2 tbsp. Grated coconut
1 tbsp. Oil
150 ml Chicken stock (from glass)
0,4 l Coco Tara Coconut Milk
salt, pepper
A few drops of lemon juice

For the salad:

200 g Mixed lettuce, etc.
2 Slices of pineapple (from can)
½ Small red chili pepper
2 tbsp. Lemon juice
1 tsp. Brown sugar
2 tbsp. Oil

Preparation:

1. Wash fillets and dab them dry. Finely chop onion and ginger. Roast grated coconut till light brown, without using fat.
2. Heat oil, briefly sauté chicken breast on both sides. Add onion and ginger, and continue to fry. Add chicken stock. Cook for approx. 15 minutes, turning occasionally. Remove the meat from the stock, and keep warm.
Add Coco Tara Coconut Milk, and bring to the boil, stirring continuously. Stir in grated coconut. Season sauce to taste with salt, pepper and lemon juice.
3. Wash salad and dry. Cut pineapple into small pieces. Finely chop chili pepper. Stir together lemon juice, chili pepper, salt, sugar and oil. Mix with salad and pineapple.
4. Slice chicken breast, and prepare with coconut milk sauce and salad.

Preparation time approx. 25 minutes