



NUTRITION *per serving* 34g carbohydrates 29g fat 58g protein 250mg sodium | low-calorie, low-carb, gluten-free, dairy-free, nut-free

 Calories
605

 Prep & Cook Time
25-35 min.

 Cook Within
5 days

 Difficulty
Intermediate

 Spice Level
Mild

IN YOUR BOX

- 2 Boneless Skinless Chicken Breasts
- 1 oz. Egg Whites
- 5 oz. Frozen Pineapple
- 1 Red Bell Pepper
- 3 Green Onions
- 4 oz. Slaw Mix
- 1 tsp. Chopped Ginger
- 1 Tbsp. Sesame Seeds, Multicolor
- 1 Tbsp. Seasoned Rice Vinegar
- 2 oz. Finely Shredded Coconut
- ½ oz. Hawaiian Sweet and Sour Sauce

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- 2 Mixing Bowls
- Large Pan

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HOME CHEF

Coconut Crusted Chicken
with pineapple slaw and sweet and sour drizzle

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to kosher salt in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- After handling raw **chicken**, make sure to wash hands thoroughly and discard any **coconut** pieces that made contact with the raw meat.
- Test **oil** temperature by adding a pinch of **coconut flakes**. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.

FROM THE CHEF

Before pounding out chicken cutlets, drizzle chicken with a couple drops of olive oil, then cover with plastic wrap. This reduces friction when pounding and prevents tearing chicken.

Did you know...

In addition to being sweet and delicious, the enzymes naturally found in pineapple break down and tenderize meats and vegetables. The slaw is made early in this recipe so it has time to work its magic.



1

Prepare the Chicken

Rinse **chicken** and pat dry. Slice each chicken breast on a 45 degree angle into 3 pieces. Lay chicken pieces out on a cutting board, cover with plastic wrap, and use the bottom of a small pot or pan to gently pound them to ¼" thickness. Season with a large pinch of **salt and pepper** on both sides. Add **egg whites** to a mixing bowl, place chicken in bowl, toss to coat, and refrigerate. Rinse **pineapple** under warm water if still frozen and dice into bite-size pieces.



4

Coat the Chicken

Remove **chicken** from **egg whites**, giving a gentle shake to remove any excess. Place **coconut** on a plate and generously coat both sides of chicken. Press coconut firmly into place with your palm. Coat chicken a second time with any remaining coconut and again press firmly into place. Place a large pan over medium heat. Add 2 Tbsp. **olive oil** to hot pan. (If you don't have a large pan, work in batches.)



2

Prepare the Ingredients

Stem, seed, and thinly slice **red bell pepper** into sticks (julienne). Trim and thinly slice **green onions** on an angle.



5

Cook the Chicken

Add **chicken** to hot **oil** and cook on one side for 3-5 minutes, or until golden brown. Gently flip and cook 3-5 more minutes, or until chicken reaches a minimum internal temperature of 165 degrees. Remove chicken from pan and allow to rest on a plate.



3

Prepare the Slaw

In a large mixing bowl, combine **slaw mix**, **pineapple pieces**, **red bell pepper**, **green onions**, half the **ginger**, **sesame seeds**, **rice vinegar**, 1 tsp. **olive oil**, and **salt and pepper** to taste. Taste, and add remaining **ginger** if desired. Toss to combine and set aside.



6

Plate the Dish

Divide **slaw** between two plates and top with **chicken**. Drizzle **sweet and sour** sauce over chicken.