



**NUTRITION** *per serving* 32g carbohydrates 15g fat 45g protein 1547mg sodium | CONTAINS gluten, soy | calorie-conscious, carb-conscious



Calories  
**445**



Prep & Cook Time  
**25-35 min.**



Cook Within  
**5 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

2 Tbsp. Sweetened Flaked Coconut  
6 oz. Carrot  
1 Shallot  
2 Boneless Skinless Chicken Breasts  
6 fl. oz. Pineapple Juice  
2 fl. oz. Teriyaki Glaze  
1 fl. oz. Seasoned Rice Vinegar  
½ fl. oz. Toasted Sesame Oil  
1 Tbsp. Chopped Ginger  
4 oz. Baby Arugula

#### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Medium Non-Stick Pan  
Mixing Bowl

[www.homechef.com/3849](http://www.homechef.com/3849)



## Huli Huli Chicken Salad

with toasted coconut flakes and sesame-ginger dressing

## BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Preheat oven to **425 degrees**
- ☐ Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- ☐ **Shallots** bring a slightly assertive onion-garlic flavor when used raw. Use to taste when adding to salad.

## FROM THE CHEF

You'll know when the glaze has reduced enough when a line can be drawn in the pan that holds for 10-15 seconds.

### Did you know...

*Huli huli chicken was invented by Ernest Morgado in 1955. Morgado sandwiched chicken between two mesh grates, and with the help of an assistant, he flipped the contraption (similar to a rotisserie). When it was time to turn, he would shout "Huli!" which is Hawaiian for "turn."*



### Prepare the Ingredients

Break apart any clumps of **coconut flakes**. Peel **carrot**, and using peeler, shave into long ribbons. Discard top. Peel and slice **shallot** into ¼" rounds. Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



### Toast Coconut and Sear Chicken

Place **coconut flakes** in a medium non-stick pan over medium heat. Cook, stirring constantly, until coconut is fragrant and lightly browned, 3-4 minutes. Remove coconut to a plate. Return pan to medium-high heat and add 2 tsp. **olive oil**. Place **chicken** in hot pan and cook undisturbed until golden brown, 2-3 minutes.



### Glaze the Chicken

Flip **chicken** and add **pineapple juice** and **teriyaki glaze** to pan. Bring to a simmer. Simmer, flipping chicken occasionally, until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes. Remove chicken to a clean cutting board and rest at least 5 minutes. While chicken rests, reduce glaze.



### Reduce the Glaze

Return pan with **sauce** to a simmer. Cook, stirring occasionally, until a sticky glaze forms, 2-3 minutes. Remove pan from burner. Cut **chicken** into ½" slices and stir into glaze.



### Make the Dressing

In a large mixing bowl, combine **seasoned rice vinegar**, **sesame oil**, **ginger**, and a pinch of **salt** and **pepper**. Toss in **arugula**, **carrots**, and **shallots** (to taste).



### Plate the Dish

Place a serving of **salad** on a plate. Top with sliced **chicken** and garnish with **toasted coconut**.