



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



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**.