

PIRI PIRI ROASTED CHICKEN with COCONUT CURRY SAUCE and CRISPY ROASTED BROCCOLI

South African & Kenyan fusion paired together to create a healthy soulful dish

Yield: 4 servings

GATHER EQUIPMENT:

- | | |
|---|---|
| <input type="checkbox"/> 1 strainer | <input type="checkbox"/> Measuring spoons |
| <input type="checkbox"/> 1 bowl | <input type="checkbox"/> 1 spatula or pair of tongs |
| <input type="checkbox"/> 1 knife | <input type="checkbox"/> 1 zester or peeler |
| <input type="checkbox"/> 1 cutting board | <input type="checkbox"/> 1 sheet pan |
| <input type="checkbox"/> 1 large skillet with lid | <input type="checkbox"/> Paper towels |
| <input type="checkbox"/> 1 blender | <input type="checkbox"/> Aluminum foil |

PREP IT!

Crispy Roasted Broccoli

- 16-ounces Broccoli florets, fresh
2 tablespoons Oil, any kind

For Piri Piri Roasted Chicken

- 4 whole Chicken breasts, boneless, skinless, cleaned and trimmed
4 tablespoons **Taste Tutor Piri Piri Seasoning**
4 tablespoons Oil, any kind
10 cloves Garlic, fresh, minced
1 bunch Green onion, fresh, sliced
1 whole Lime, fresh, zested and juiced

For Coconut Curry Sauce

- 1 small Yellow onion, quartered
5 cloves Garlic, fresh
¼ inch piece Ginger, fresh
1 large Roma tomato, fresh, quartered
⅛ teaspoon Cardamom, ground (optional)
1 teaspoons Cumin
3 tablespoons Curry powder
1 teaspoon **Taste Tutor Smoked 101**
2 tablespoons Oil, any kind
1 can Coconut milk
¼ bunch Cilantro, fresh, chopped

MAKE IT!

For Crispy Roasted Broccoli

1. Preheat oven to 400°F. Place fresh broccoli florets onto an aluminum foil lined sheet pan and toss in oil to coat. Set aside.

For Piri Piri Roasted Chicken

2. Soak chicken breasts in water and citrus or vinegar for about 5 minutes. Clean off excess fat. Slice in half to thin out breasts. Pat dry and season chicken with **Taste Tutor Piri Piri Seasoning**.
3. In a large skillet, over medium high heat, allow 4 tablespoons of oil to heat. Working in batches, place chicken breasts flat into the skillet and allow to sear for about 3 to 4 minutes on each side or until golden brown. Once seared, place chicken on the aluminum foil lined sheet pan next to the broccoli.
4. Add 10 cloves of minced garlic, green onion, lime zest, and lime juice to the skillet. Stir fry on medium heat until garlic is softened, and any brown bits have come up from the skillet. Spoon contents of the skillet over the chicken and broccoli on the aluminum foil lined sheet pan.
5. Roast for 15 minutes or until the chicken is cooked through to 165°F and broccoli is slightly charred and crispy.

For Coconut Curry Sauce

6. While the chicken and broccoli are roasting, in a blender, combine all sauce ingredients except oil, coconut milk, and cilantro. Blend until very smooth, adding a little bit of water if necessary.
7. In the empty skillet, heat oil over medium heat. Carefully pour contents of the blender into the skillet and allow to cook on medium heat until sauce has reduced by ¼th. Be careful; sauce will pop in the hot oil so have a lid or aluminum foil ready to cover the skillet.
8. Once contents have reduced, turn heat down to low and stir in coconut milk. Continue to cook for 5 minutes until all the ingredients are well combined.
9. Stir the cilantro into the sauce. Add back the roasted chicken breasts and simmer for an additional 5 minutes.
10. Serve hot!

Tip: Try cooking the chicken on the grill for smokier flavor!

Reheat Leftovers: in the oven or in the microwave with one tablespoon of water.

GROCERY LIST

Produce

- 16-ounces Broccoli florets, fresh
- 1 bunch Cilantro, fresh
- 1 head Garlic, fresh
- ¼ inch piece Ginger, fresh
- 1 bunch Green onion, fresh
- 1 whole Lime, fresh
- 1 large Roma tomato, fresh
- 1 small Yellow onion

Spice/Oils/Baking

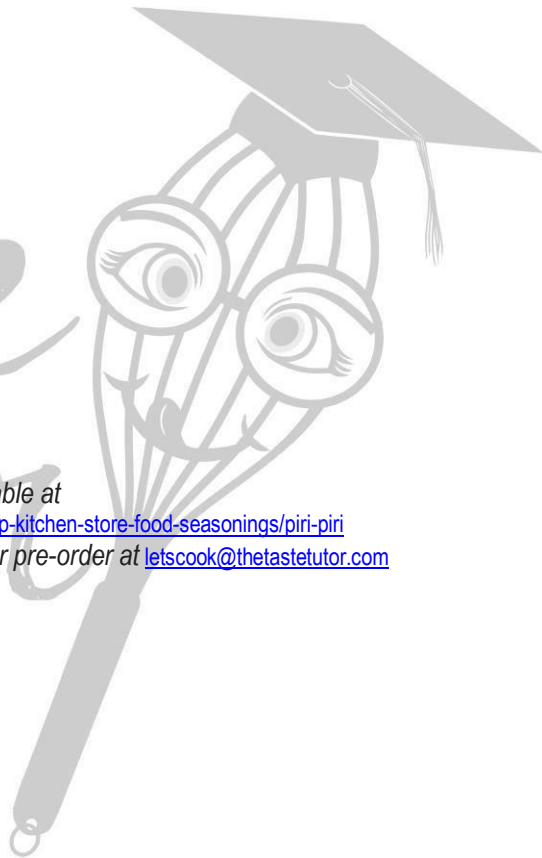
- 1 small jar Cumin
- 1 small jar Curry powder
- 1 small jar Cardamom, ground (optional)
- 1 small bottle Oil, any kind
- 1 jar Taste Tutor Piri Piri Seasoning *available at*
<https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings/piri-piri>
- 1 jar Taste Tutor Smoked 101 *available for pre-order at* letscook@thetastetutor.com

Dry Goods

- 1 can Coconut milk

Meats

- 4 whole Chicken breasts, boneless, skinless



HEALTHY & FLAVORFUL TIDBITS

Here are some tips on achieving flavorful dishes on a low sodium diet.

- When making your own seasoning blends consider adding each of the following elements:
 - Spice (ex. Cayenne pepper, Piri piri pepper)
 - Smoke (ex. Smoked paprika, Cumin)
 - Freshness (ex. Oregano [dried], Basil [dried])
 - Brown notes (ex. Nutmeg, Allspice, Cinnamon)
 - Acidity (ex. Lemon peel, Thyme [dried], Orange peel)
- All these different flavors combine stimulate your taste receptors on the tongue which help to reduce the perceived need for salt, along with any aromas given off from the hot food.
- Adding richness from healthy fats in a sauce also provides a nice balanced flavor overall with low sodium dishes. This is because fat help flavors stay on your tongue longer giving the perception of more flavor.
- When seasoning any food, start by applying a generous amount of all desired herbs and spices without salt. Only add salt at the end to enhance the other flavors. You can always add more salt, but you can't take it away.
- Replace salt with things like vinegars or citrus juices to boost the flavor of the overall dish.
- Use low sodium broths and stocks to replace water when cooking where water is required.
- Finish off all cooked food with a fresh element like fresh herbs, green onions, peppers, or onions to bring a bright and complex flavor back into your dish.
- Have a well-stocked seasoning cabinet so you can impart any desired flavor to any of your dishes.
<https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings>

Tips for Storage and Use for Seasonings, Spices, and Dry Herbs

Shelf Life:

- Replenish ground herbs and spices yearly at minimum to maintain optimum freshness.
- Buy whole spices, toast, and grind as needed for longer shelf life (up to 4 years) and more intense flavor.
- Buy small quantities of what you don't use often.

Storage:

- Keep spices stored in airtight containers.
- Store spices in a cool dry place away from light.
- Use dry spoons to remove herbs and spices from containers.
- Avoid getting steam on the cap of your spice shakers when cooking.
- These tips will help prevent caking and flavor contamination.

Toasting:

- Toasting heats up the essential oils in your spices which brings out the flavor.
- Toast by placing desired spices in a dry pan over medium heat. Just when you start to smell the spice aroma the toasting is done. Be careful not to burn or scorch them.
- After toasting, the spices can be ground or used whole.

Grinding:

- For grinding I use a black stone mortar and pestle. <https://www.thetastetutor.com/blog/2018/1/7/these-are-a-few-of-my-favorite-tools>
- You can also use a clean coffee grinder to grind your spices.
- But what if you don't have either, place spices in a large zip top bag and seal. Use a heavy pot, pan, mallet, hammer, or rolling pin to bang on the spices to crush them. Or using your weight, rock a pan or pot back and forth to crush the spices. Be sure to place a dish towel under your bag of spices before crushing so you don't mess up your counter tops.
- Or you can just purchase your spices already ground.

Happy flavoring folks! 😊