

RECIPE

Chicken molee with steamed lemongrass infused jasmine rice

Ingredients

4 X chicken breast skinned and boneless cut into 6 pieces each
25g cake flour
100ml olive oil

Molee sauce

1 medium onion finely chopped
1tsp ground ginger
1tsp ground garlic
1 small chilli finely chopped
1tsp black mustard seeds
1tsp cumin seeds whole
1tsp coriander seeds whole
1 stick lemon grass bruised/smashed with a meat mallet
50ml olive oil
200ml coconut milk/cream
100g coconut powder
1tsp turmeric powder
Salt
Pepper
2tsp chopped coriander fresh
2tsp chopped mint fresh

Method - Chicken

Place the flour and chicken pieces into a bowl and toss/coat well
Heat a heavy-bottom saucepan
Add in the olive oil
Sauté the chicken pieces until light brown in colour,

Method - Molee sauce

Heat a heavy-bottom pot
Add in the olive oil
Add in the seeds, onion, ginger, garlic, lemon grass and chilli, sauté until the onion is golden brown
Add in the turmeric, coconut milk/cream and the sautéed chicken pieces
Reduce heat and season to taste
When the chicken is almost cooked, after ± 20minutes add in the coconut powder and turn heat off
Add in the chopped mint and coriander
Cover with the pot lid and allow to stand for 30 minutes before eating

Lemongrass infused jasmine rice

Cook rice as per instructions in the packet, adding one stick of lemongrass to one cup rice

Plating

Place a bowl of molee into a larger bowl and a smaller bowl with jasmine rice
Place a coriander spring onto the rice for garnish

Serves 4

The molee sauce can be made days before it is required and can be frozen in smaller portions, heated gently when required



Chicken Molee with coconut lemongrass basmati rice