

Filipino Chicken & Vegetables in Coconut Milk



Sirve:

6

Pieza:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)
Saladmaster Food Processor

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Ginataa Manok is a simple and delicious chicken dish cooked in coconut milk. There are many variations; some include green papaya, bok choy, potato, pineapple and other vegetables. If you want a little spice add in Thai or green chili's.

1 ½ lbs
chicken, boneless chicken thighs cut into cubes or bone-in
legs & thighs
(2/3
kg)
1 onion, medium, sliced, use Cone #4
1 sweet pepper, (green, red or orange), sliced
2 garlic cloves shredded, use Cone #1
1 tbsp
ginger, fresh, shredded, use Cone #1
(8 1/2
g)
15 oz
coconut milk
(421
ml)
2 tbsp
fish sauce
(32
g)
8 oz
baby red potato, scrubbed, cut in ½ or ¼'s (for larger potatoes)
(226
g)
2 cups
spinach, fresh, cleaned and chopped if large
(60
g)
salt and pepper to taste (optional)

Preparación :

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1. Preheat Ultimate Culinaira over medium heat until a sprinkle of water skitters and dissipates, about 7-9 minutes.
2. Season chicken pieces on all sides with salt and fresh ground pepper.
3. Brown ½ of seasoned chicken for 2-3 minutes on each side in preheated Ultimate Culinaira. Remove chicken from pan and place in a clean dish. Repeat with remaining pieces of chicken.
4. Sauté onion and pepper for 5-6 minutes until it softens add garlic and ginger and sauté for 1-2 minutes longer.
5. Add coconut milk, fish sauce, potatoes and chicken with any juices that have accumulated to the pan.
6. Cover pan. When Vapo-Valve™ begins to click steadily, turn heat to low and cook for 35- 40 minutes or until potatoes are tender and chicken is cooked through.
7. Remove lid and stir in spinach, cook for an additional minute until spinach is just wilted.
8. Taste and add in additional seasonings as desired.

Consejos:

- Omit potato from recipe and serve with rice
- Omit chicken and add in additional vegetables, bok choy, broccoli, green beans.

Información nutricional por ración

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Calorías:	144
Grasa Total:	2g
Grasa	1g
Saturada:	
Colesterol:	8mg
Sodio:	536mg
Carbohidratos:	25g
Fibra	3g
Dietética:	
Azúcar:	4g
Proteína:	5g