



Crispy Tamarind Chicken with Vegetable Fried Rice

Prep Time: 15-30 minutes Calories Per Serving: 630
Cook Time: 35-45 minutes Serves: 2 people

Tamarind is a fruit common in African and Indian cuisines. With a sweet and sour flavor that tastes like a mash-up of apricots and dates, a little bit of tamarind paste goes a long way to flavor chutneys, sauces, and curries. Sweet agave balances out its tangier flavor notes in this recipe, creating a sauce you'll want every last drop of.

USDA recommends cooking chicken to 165° F.



1. Cook Rice

Preheat oven to 450°F. In a small pot, bring **rice**, **1¼ cups water**, and a **pinch salt** to a boil over high heat. Stir once, cover, reduce heat to low, and cook for 12 minutes. Remove pot from heat and allow to stand, still covered, for 10 minutes. Uncover, fluff with a fork, and set aside.



2. Prepare Ingredients

While rice cooks, rinse **scallions** and trim and discard roots. Thinly slice white and light green parts, discarding dark greens. Trim and discard skin of **ginger** and mince. Rinse **carrot** and finely chop. Mince **garlic**. Rinse **chicken** and pat dry with paper towel. In a small bowl, whisk together **agave**, **tamarind paste**, and **½ of soy sauce**.



3. Cook Chicken

Season chicken on both sides with **salt** and **pepper**. Add **chicken** skin-side down to a medium ovenproof pan and place over medium-high heat. Cook until skin is browned and fat is rendered, about 6 minutes. Flip and pour over **tamarind sauce**. Transfer pan to oven and bake until chicken is cooked through and no longer pink, about 10 minutes. Remove chicken from pan, reserving any sauce.



4. Cook Vegetables

While chicken cooks, heat **sesame oil** in a medium pan over medium heat. When oil is shimmering, add **ginger**, **carrot**, **garlic**, and **½ of scallions**. Cook, stirring occasionally, until carrot is softened and garlic is golden, about 5 minutes.






5. Fry Rice

Add **rice**, as much **Sriracha** as desired, and **remaining soy sauce** to pan with vegetables. Stir to combine and cook until liquid is absorbed and rice is warmed through, 5-7 minutes, stirring occasionally. Add **peas** and warm through, 2-3 minutes more. Taste and add **salt** and **pepper** as needed.



6. Plate Chicken

Divide **fried rice** evenly between 2 plates. Cut **chicken** crosswise into 4 slices. Top fried rice with chicken and any remaining **tamarind sauce** from pan. Garnish with **remaining scallions** and serve.

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Q- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us-- you'll be glad you did!

Rinse chicken and pat dry with paper towel. A slight odor is a natural reaction to vacuum packing.

Start to cook the chicken in a cold pan without oil to allow the skin to render slowly and get extra-crisp.

Q- INGREDIENTS

- ¾ cup white rice
- 3 scallions, divided
- 1 inch ginger
- 1 carrot
- 2 cloves garlic
- 2 chicken breasts
- 2 tablespoons agave
- ⅛ ounce tamarind paste
- ¼ cup +2 tablespoons soy sauce (gluten-free), divided
- 1 tablespoon sesame oil
- 1 packet Sriracha hot sauce
- 1 cup peas

🔪- YOU'LL NEED

- small pot with lid
- medium ovenproof pan
- medium pan
- 1¼ cups water
- kosher salt
- black pepper

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