



Chicken & Coconut Rice Tray Bake

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This recipe definitely falls into the “What to cook when you don’t feel like cooking” category. You chop everything up, put it in a 13”x9”baking dish, and throw it into the oven. The Brits call this a “tray bake.” We call it a weeknight dinner lifesaver. The result is a fried-rice-meets-risotto vibe with tender chicken and creamy rice that is punchy with lime, ginger and garlic. Adding “something green” to steam in the last few minutes of cooking makes it a complete meal that is mostly hands off cooking. Also, the leftovers make incredible take-to-work lunches all week.

Serves 4-6

Ingredients:

- 1 pound boneless skinless chicken thighs, cut into 1-inch pieces
- 2 tablespoons soy sauce or tamari
- 1 teaspoon Kosher salt
- ½ teaspoon black pepper
- 1 teaspoon chili powder
- 4 cloves garlic, chopped/grated
- 1 Two-inch piece of fresh ginger, chopped/grated (about 2 tablespoons)
- 2 small shallots, minced (about ¼ cup)
- 1 jalapeño, sliced thinly
- ½ teaspoon cumin seeds
- 2 limes, zested and juiced
- 1 (13-ounce) can full-fat coconut milk
- 1 ½ cups jasmine rice, rinsed
- ¾ cup boiling water
- 1 cup frozen peas/ 2 cups broccoli florets in 1-inch pieces/ 2 cups trimmed snap peas (8oz)
Cilantro, sliced scallions, and toasted coconut, for garnish

Method:

1. Heat the oven to 400 degrees. In a medium bowl (or resealable bag), combine soy sauce, salt, pepper, and chili powder. Toss chicken pieces in marinade and let sit while you prepare the other ingredients.
2. In a 9-by-13-inch/3-quart baking dish, combine the rice, coconut milk, garlic, ginger, shallots, jalapeño, cumin seeds, lime zest and juice. Stir to combine. Add the boiling water and seal the pan tightly with foil. Bake until the rice is just tender, about 35-40 minutes.
3. Carefully remove the foil from the pan (there will be hot steam), scatter snap peas over the rice. Season with salt and pepper, then reseal with the foil and bake for another 5 minutes, until the vegetables have steamed and are crisp tender. Remove from the oven and let sit for 3 minutes.
4. Remove the foil, fluff the rice with a fork and stir to mix. Serve with sliced scallions, cilantro, and toasted coconut flakes, if desired.

WHAT'S 4 DINNER?

#RECIPESTHATDISH

*Notes

In Step 3 add whatever green vegetables your family loves. A cup of frozen peas, a bag of washed baby spinach, or 2 cups of broccoli florets cut into 1-inch pieces would also be great. Adjust the cook time depending on the vegetable. Peas and spinach will take less time than snap peas or broccoli florets.