

# HAWAIIAN HULI HULI CHICKEN

with Sticky Coconut Rice



This sticky rice and sweet chicken is a delight from our friends in Hawaii – ALOHA!

**COOKING TIME: 35 MIN**

**CALS 845 | PROT 128.3G | CARBS 23.1G | FAT 22.06G**





## TIPS FOR FUSSY EATERS

Keep the chicken light in flavors.  
The sticky rice is a hit.

## PRO TIP

"Huli" means "turn" in Hawaiian, and legend has it that the name comes from the fact that its creator, Ernest Morgado, made it by cooking the chicken between two grills, turning the grills on their sides to do so.

## INGREDIENTS

	FOR 2	FOR 3	FOR 4
Chicken Breast	400g	500g	600g
Long Grain Rice	200g	300g	400g
Garlic cloves	3	4	6
Ginger	30g	45g	60g
Pineapple juice	150ml	225ml	300ml
Soy sauce	20g	30g	40g
Tomato paste	60g	90g	120g
Spring onion	30g	45g	60g
Coconut Milk	150ml	225ml	300ml
Water for rice	150ml	225ml	300ml
Turnip	2	3	4
Turmeric	2g	3g	4g



## 1 COOK

Pre-heat the oven to 180°C. Rinse the **rice**, then cook using half **water** and half **coconut milk**. Simmer at low heat and cover. Stir occasionally to make sure it doesn't burn. Once the liquid is absorbed, season with a pinch of **salt**. Fluff well.



## 2 SIMMER

Mince the **garlic** and grate the **ginger**. In a small pot, pour the **pineapple juice**, **soy sauce** and **tomato paste**. Add the ginger and garlic. Simmer for 5 minutes.



## 3 ROAST

Place the **chicken** breast on a roasting dish and cover with the **pineapple** sauce. Cook in the oven for 20 minutes. Remove from the oven. Bring the oven temperature to maximum. Brush the **chicken** with the sauce from the bottom of the roasting dish and cook for another 5 minutes.



## 4 SERVE

Peel and dice the **turnips** and cook in boiling **water** with a pinch of **salt** and **turmeric** until soft (8 minutes). Drain and serve the Huli Huli **chicken** with the sticky **coconut rice**, yellow **turnips** and freshly chopped **spring onion**.

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