

Lime and Coconut Chicken

Supplied by Pukara Estate



Ingredients

2 chicken breasts, each sliced into 4 smaller pieces
1 cup desiccated coconut
1 tbsp. chilli flakes
3 tbsp. Lime Flavoured Extra Virgin Olive Oil
Handful of chopped coriander.

Method

1. Place the sliced chicken and Lime Olive Oil in a bowl, season with salt & pepper and combine. Allow to marinade for 2 hours or overnight.
2. Preheat the oven to 160C degrees.
3. On a plate combine the coconut, chilli flakes and a pinch of salt.
4. Roll the chicken in the coconut mixture until 'crumbed'.
5. In a skillet pan heat a splash of lime olive oil, fry all the chicken on a high heat. Once browned on one side, turn the meat over and place in the oven for 20 minutes or until golden brown and cooked through.
6. Serve on a plate with steamed rice and the chopped coriander.

Pukara Estate's Extra Virgin Olive Oils and Balsamic Vinegars are amongst Australia's best, winning over 50 awards in shows nationally, including the prestigious Australian Olive Association National Show. The Estate produces distinctive, sophisticated and flavoursome Australian Extra Virgin Olive Oils and Balsamic Vinegars of the highest quality.

Visit Pukara Estate at the Sydney November Festival, Stand G12.

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