

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Island Marinated Chicken

Serves 4

Escape to a tropical place (at least temporarily) with this very tender chicken -- thanks to a wonderful marinade! Ideal for keeping large, skinless, boneless chicken breast, this recipe keeps yields moist results and avoids drying out on the grill. We like to marinate the chicken the night before for maximum infusion. Serve the chicken over a bed of coconut rice with a side of sweet-grilled pineapple, savory-grilled green onions and peppers. -Truly a little taste of paradise!

Ingredients:

4 chicken breasts, boneless, skinless

Brine Ingredients:

1/2 cup soy sauce
1/2 cup pineapple juice
1 tablespoon honey
1-inch piece of fresh ginger, minced
3 cloves garlic, minced
1/2 can coconut milk
1/2 serrano pepper, seeded and minced

Directions:

1. Mix the marinade ingredients together in a bowl until well combined. Wrap the chicken breasts in parchment or wax paper, and pound until they are even in thickness. Place the pounded chicken breasts in a large re-sealable plastic bag. Pour the marinade into the bag, remove the excess air and seal closed. Place the bag in a clean bowl, (just in case it leaks), and refrigerate for at least 2 hours over overnight.
2. After the chicken is marinated - fire up the grill! When using a gas grill, prepare half of the grill with high heat while keeping the other half on low heat -- that is, use a direct/indirect set-up. Add the chicken to the cooler side of the grill and close the lid. After 4-5 minutes, turn once and cook an additional 4-5 minutes. Continue to grill and flip, as needed, until thickest part of the breast reaches 160 degrees F. After removing the chicken from the grill, the heat will continue to rise until it hits the food-safe temperature of 165 degrees F.
3. Make it a meal! Serve the sliced flavor-infused chicken breast on a bed of coconut rice with grilled green onions, pineapple and orange peppers.

BONUS! Coconut Rice:

Ingredients:

1 can coconut cream
2 cups jasmine rice
1-1/2 cups water
1 teaspoon kosher salt
1 tablespoon shallot, minced

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Directions:

1. Rinse the rice with cold water until the water runs clear. Place the rice, coconut cream, water, salt, and shallot in a small saucepan and bring to a boil.
2. Once boiling, turn the heat to low and cover with a tight-fitting lid. Simmer the rice on low for 20 minutes or until the rice grains become softened. Remove from heat, and let set for 10 minutes. Fluff with a fork before serving.