

Chicken with Chayote, lemongrass and ginger, Jasmine rice flavored with Kefir

Recipe for 4 persons

Description

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Ingredients

Chicken chayotte

- 6 Unit(s) Boneless chicken thigh
- 100 Gr Fresh ginger
- 1 Unit(s) Lemongrass
- 1 Unit(s) Onion
- 2 Unit(s) Garlic
- 3 Unit(s) Chayote
- 2 Cup(s) Chicken stock
- 2 Tbsp Cornstarch
- 0.50 Bunch(es) Fresh cilantro

kefir lime Jasmin rice

- 1 Cup(s) Jasmine rice
- 4 Leaf(ves) Kefir lime leaves

Preparation

- Preparation time **30 mins**

Preparation

Slice the cillantro.

Peel and mince the onion and garlic.

Peel the ginger and cut into large pieces.

Cut the lemongrass into 6-8 pieces.

Peel and cut the chayotte into 6-8 pieces lengthwise.

Prepare the chicken stock.

Chicken Chayotte

In a hot sauce pot with oil, sear the chicken. Once nice and colored, remove the chicken and set aside. In the same pot, add the onion, garlic, ginger and lemongrass. Cook for 2 minutes.

Add the chicken stock, chicken and chayottes. Cook on a gently simmer for 25-30 minutes. Once the chayottes are tender and chicken is cooked, remove them.

In a small bowl combine the corn starch and cold water. Add it to the cooking juice while continuing to whisk. Once the sauce reaches the desired consistency, add the chicken and chayotte and serve hot.

Jasmin Rice

In a sauce pot, combine 2 cups of cold water with 1 cup of Jasmin rice and the Kefir lime leaves.

Bring to a boil and then reduce the heat to minimum. Continue to cook, covered, for roughly 15 minutes or until the rice is done and the liquid has been completely absorbed.

Plating

Place a nice spoonful of rice on the bottom of your bowls. Top with the chicken, chayotte and a nice amount of sauce. Garnish with the fresh cillantro.

Bon appétit!