

# Coconut Flake Chicken with Apricot Sauce and Coconut Rice

Time: 1 hour Serves: 4-6

## Coconut Flake chicken

### Ingredients

1 egg  
1/4 c water  
7 oz sweetened coconut flakes  
3/4 c flour  
1/2 teaspoon garlic powder  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 T sugar  
2 lb chicken breasts, chunked\*  
1/2 cup unsalted butter, melted\*\*

\*optional, can easily do whole breasts or even strips

\*\*this can easily be reduced or even substituted with olive or coconut oil to make it lighter



### Instructions

1. Preheat oven to 400oF. Line baking sheet with foil and coat lightly with baking spray.
2. Whisk egg and water together in a shallow dish.
3. In a medium bowl, mix the coconut flakes, flour, garlic powder, salt, pepper, and sugar together till uniform.
4. In small batches, add chicken to egg mixture and mix to coat, transfer to dry mix bowl. Once all chicken has been coated with egg, and transferred to dry mix bowl, toss to create an even coating on all chicken chunks.
5. Transfer chicken to baking sheet, spreading chicken so that it is evenly dispersed. Drizzle melted butter (or oil) over chicken.
6. Put Chicken in oven, and bake for about 30 min, flipping chicken half-way through cooking.
7. Remove and serve with Apricot sauce and coconut rice.

## Apricot Sauce

### Ingredients

1 c apricot preserves  
2 tablespoons mustard  
1 t vinegar

### Instructions

1. Combine all ingredients into a small bowl, and mix till uniform.
- (2). I like a smooth sauce so I use my immersion blender/blender to create a very smooth sauce.
3. Transfer sauce to refrigerator and serve chilled.

## Coconut Rice

### Ingredients

3 c rice (dry)  
2 can coconut milk\*

1 1/2 c water

\* can add only 1 can of coconut milk and supplement lack of milk with additional 1 1/2 c water for a less powerful coconut flavor

### Instructions

1. Rinse rice with water till water runs clear
2. Add rice, coconut milk, and water to rice cooker/pot.
3. Cook as directed.