KIKKOMAN

# Thai chicken rice (Khao Man Gai)

Total time **45 mins** **15 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):
**4,368 kJ / 1,044 kcal**

Fat: **22 g** Protein: **73.5 g**
Carbohydrates: **129.5 g**

## INGREDIENTS

**2 portion(s)**

| | |
|---|---|
| **2 tbsp** | Kikkoman Toasted Sesame Oil |
| **30 g** | red onion |
| **15 g** | fresh ginger |
| **5 g** | garlic |
| **300 g** | rice |
| **300 ml** | water |
| **1 tbsp** | Kikkoman Naturally Brewed Soy Sauce |
| **3 pinch** | black pepper |
| **400 g** | chicken breast or thigh, skin-on, excess fat removed |
| **3 tbsp** | Kikkoman Teriyaki BBQ Sauce Korean Style |
| **2 tsp** | fish sauce |
| **1 tsp** | lime juice |
| **1** | spring onion |
| **3** | sprigs coriander |
| **1** | cucumber |
| **3** | cherry tomatoes |

## PREPARATION

### Step 1

**2 tbsp** Kikkoman Toasted Sesame Oil - **30 g** red onion - **15 g** fresh ginger - **5 g** garlic
Thinly slice the red onion and garlic to about 1 mm. Slice the ginger into 1 mm thick slices, then cut into fine matchstick strips. Add the Kikkoman Sesame Oil, red onion, ginger and garlic to a frying pan. Sauté until golden brown. Remove from the heat and strain through a sieve, separating the flavoured oil from the fried onion, ginger and garlic. Set both aside.

### Step 2

**300 g** rice
Rinse the rice and drain well. Heat the strained flavoured oil from Step 1 in the frying pan. Add the rice and sauté gently until slightly translucent, taking care not to burn it.

### Step 3

**300 ml** water - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **3 pinch** black pepper - **400 g** chicken breast or thigh, skin-on, excess fat removed
Transfer the rice to a rice cooker. Add the water and Kikkoman Soy Sauce and mix lightly. Season the chicken with the black pepper and place it skin-side up on top of the rice. Cook using the quick-cook mode.

### Step 4

**3 tbsp** Kikkoman Teriyaki BBQ Sauce Korean Style - **2 tsp** fish sauce - **1 tsp** lime juice - **1** spring onion - **3** sprigs coriander
Separate the coriander leaves from the stems. Finely slice the spring onion and coriander stems.

Mix them with the Kikkoman Teriyaki BBQ Sauce Korean Style, fish sauce and lime juice. Reserve the coriander leaves for garnish.

**Step 5**

**1** cucumber - **3** cherry tomatoes - Reserved coriander leaves

Once the rice is fully cooked, carefully remove the chicken from the cooker. Gently fluff the rice with a spatula, then close the lid and leave it on the Keep Warm setting for 5 minutes. Allow the chicken to rest for 5 minutes before slicing. Meanwhile, cut the cucumber into slices and halve the cherry tomatoes. To serve, spoon the rice into bowls, arrange the sliced chicken on top and garnish with the fried onion, ginger, garlic and coriander leaves. Serve with the cucumber, tomatoes and sauce on the side.