

Coconut Chicken

RECIPE NAME: Coconut Chicken

RECIPE DESCRIPTION: Baked marinated coconut chicken

ACTIVE TIME: 20 minutes

TOTAL TIME: 45 minutes

SERVINGS: 3-6

bon COOK PRODUCTS USED: Flexipat® Square Mold or Bonmat™, Perforated Baking Sheet, Santoku Chef Knife, Stainless Mixing Bowl, Beechwood Rolling Pin, Set of Three Spatulas

INGREDIENTS:

- 3-4 Chicken Breasts, boneless and skinless
- 1 cup Greek Yogurt
- 1 cup Honey Mustard Dressing
- 2 cups toasted Rice Cereal
- 2 cups Coconut, grated

DIRECTIONS:

1. Preheat oven to 375 degrees F, place oven rack in center position, then place the Bonmat or the Flexipat on the Perforated Baking Sheet and set aside
2. Pound out Chicken Breasts with a meat tenderizing tool to an even thickness and slice into strips
3. In Mixing Bowl, combine Yogurt and Honey Mustard Dressing and mix well
4. Add Chicken strips to the Yogurt/Honey mixture, turning to coat them well, then leave them to marinate in the Mixing Bowl while preparing the next steps
5. In a zip-lock type plastic bag, add the Cereal and, with Rolling Pin, crush the Cereal by moving the Rolling Pin back and forth over the bag until it is the texture of corn meal
6. In separate Mixing Bowl, combine the crushed Cereal and Coconut and stir until well combined
7. Take the Marinated Chicken Strips and roll them in the Coconut Mixture, making sure they are well coated, then place on your Bonmat or Flexipat
8. Bake 25 minutes or until the Chicken is cooked through and the Coconut is light brown and toasted.