

S.W. Chicken with Peach Salsa

Courtesy of Carole's Creations

Prep Time: 5 minutes for marinade

Standing Time: 30 minutes

Cooking Time: 25 minutes

Serves: 4

CChints: Here is a trick if your limes are a little too hard to squeeze out the juice. Cut them in half and microwave on a paper towel, flesh side up, for 10 seconds. This will start the juices flowing and make them much easier to squeeze. This chutney recipes calls for a peach but you can substitute a nectarine. Spice World® makes freshly ground ginger in a jar that really comes in handy for recipes like this one. Be sure to refrigerate after opening.



Marinade:

1/2 teaspoon smoked paprika
1/2 teaspoon chili powder
2 teaspoon cumin
3 gloves minced garlic, fresh or from a jar
2 tablespoon fresh lime juice
2 tablespoon fresh lemon juice

4 servings saffron or jasmine rice
4 boneless skinless chicken breasts
3 tablespoons olive oil + 2 teaspoons
3 gloves minced garlic, fresh or from a jar
1 cup each sliced thin, yellow squash, red bell pepper, green peas or sugar snap peas, and white mushrooms
1/2 cup each sliced thin onion
1 small can sliced water chestnuts, drained
Salt and pepper to taste
Garnish: 1 tablespoon cilantro, chopped

Peach Salsa:

1/4 cup diced onions, red or yellow
1/4 cup diced green bell pepper
2 tablespoon sunflower nuts
1 teaspoon fresh ginger or ginger paste
2 tablespoon honey
2 tablespoon apple cider vinegar
1/4 cup fresh lime juice
1 peach, cut into bite size pieces
3 tablespoons golden raisins

Prepare the marinade in a sealable plastic bag large enough to hold the chicken. Rinse the chicken and cut off any excess fat. Pat dry with paper towels, then throw them away. Put the chicken in the marinade, seal it and let sit for 30 minutes while you wash up and do the prep work for the rest of this recipe.

Prep the vegetables and ingredients needed for the salsa. You will want to start your rice after you have finished your prep work. Try to time it so that the rice is done when you are finished cooking this dish. For this recipe we used saffron yellow rice which took 20 minutes.

Heat a pan to medium and add only 2 tablespoons oil. Add the chicken to hot oil and sear it for 3 minutes. Flip the chicken, cover and cook until it is done, about 5-7 minutes. Discard marinade. At the same time in another skillet start cooking the vegetables. It is important to start with a hot pan and then add 1 tablespoon of oil. Add the onions for 1 minute, then the garlic through the salt and pepper. Stir as you cook and if the pan becomes dry, add 2 teaspoons of oil. Stir consistently to keep the vegetables moving for 4-6 minutes. Remove from the heat and cover to keep warm.

As soon as the rice is done, drain off the excess water and cover to keep it warm.

When the chicken is done put it in another container to keep warm. Drain any excess oil from the pan but you want to keep the brown bits from the chicken for the salsa. Add the onions and peppers and cook for 1 minute, using a wooden spoon to loosen the brown bits from the pan. Add the nuts and stir consistently for 30 seconds. Add the ginger through raisins. Blend well and keep stirring until the liquids are gone.

Cut the chicken into half inch slices. Put the rice and stir fry veggies on each plate. Top with some sliced chicken and salsa. Garnish with cilantro and enjoy.