



SPOTLIGHT RECIPE

Ingredients

Servings: 4

- 2 large boneless chicken breast halves, cut into bite-size chunks
- 2 tablespoons lemon juice
- Salt
- Pepper
- 2 tablespoons oil
- 1 yellow onion, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 2/3 cup canned coconut milk
- 2 teaspoons ground ginger
- 1/3 teaspoon (or to taste) cayenne powder
- 1 teaspoon grated lemon rind

Side dishes

- Rice
- Broccoli and Cauliflower

MADAGASCAR CHICKEN

- Marinate the chicken in the lemon juice for 30 minutes. Drain and season with the salt and pepper to taste.
- Sauté in the olive oil over medium heat until cooked on the outside but slightly pink inside. Drain the oil and place the chicken in a container, and then set aside. Sauté the onion, stirring constantly, until slightly browned. Add the bell pepper and garlic and sauté 3 to 4 minutes, stirring constantly. Reduce the heat to simmer, and then add the coconut milk, ginger, cayenne powder and lemon rind. Add the chicken back to the stew. Sauté over medium heat until cooked on the outside but slightly pink inside.
- Cover and simmer 30 minutes or until the stew thickens. If the mixture is still too thin, simmer with the lid removed until the desired consistency is reached.