

## Brown Sugar Thai Garlic Chicken With Bean Sprout Peanut Fried Rice

August 2015 – Serves 4

### INGREDIENTS:

#### CHICKEN:

4 boneless skinless chicken breasts, cut into 3 inch chunks  
1/3 C packed light brown sugar  
¼ C sweet Thai chili sauce (I use the Trader Joe's brand)  
6 garlic cloves finely chopped  
1 t fish sauce  
½ t Kosher salt and fresh cracked pepper  
2 T canola oil  
3 T Sriracha sauce  
3 T hot Mango sauce (I use the Ginger People brand)  
4 T hoisin sauce  
Strips of carrots for garnish

#### RICE:

1 C cooked white jasmine rice  
Two 5 ounce containers Mung bean sprouts  
1/3 c chopped salted peanuts  
1 T soy sauce  
Juice of one lime  
Kosher salt to taste  
2 T canola oil  
2 eggs, beaten  
1 C rough chopped fresh cilantro (reserve some for garnish)  
Lime wedges for serving

### DIRECTIONS:

Pat dry the chicken breasts, then rub with the 2 T oil and place in a large baking dish, just the right size to nest the breast pieces together. Salt and pepper the chicken. In another bowl, mix the brown sugar, fish sauce, garlic, and sweet Thai chili sauce. Then dump it in with the chicken and rub all until it is well blended over all the chicken. Heat an oven to 375 degrees F. Bake chicken, uncovered, for 30 minutes or until chicken is 170 degrees inside. Then, for 2 minutes turn on the broiler and let the sugar caramelize. Watch it, though! The sugary mixture tends to bubble up a bit.



While the chicken is cooking, heat a large saucepan over high heat then add the 2 T oil. Add the bean sprouts and the white rice and stir for about 2 minutes. Then add the peanuts, and continue to stir for about a minute. Add the soy sauce and reduce heat. When that is blended in, add the two beaten eggs and immediately keep stirring them in so they cook in chunks throughout the mixture. You can cover and keep warm if rice gets done before chicken. Right before serving add most of the cilantro and stir to wilt.

To plate, put a smear of hoisin sauce on the plate. Then arrange a mound of the bean/rice mixture next to it. Place chicken atop that. Top with peeled strips of carrots, a lime wedge, more cilantro, and then the blended Sriracha/Mango sauces should be dabbled over the top.

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