

Scallion Poached Thai Chicken with Garlic Sesame Sauce

4 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 45 minutes

Windy Meadows Family Farm Boneless Chicken Breast, thawed
Fruitful Hill Farms Cucumbers, washed, ends trimmed, peeled and deseeded (optional)
Johnson's Backyard Garden Carrots, washed, stem end trimmed, peeled (optional)
Gulf Pacific White Rice
Farmhouse Kitchen Garlic Sesame Sauce, stirred well before use
Farmhouse Kitchen Poaching Broth, thawed
Sea salt and fresh cracked black pepper

STEP 1 Add the poaching broth and chicken breasts to a medium sized saucepan. Bring to boil. As soon as the broth reaches a boil, cover the pan with a lid and turn the heat off. Allow the chicken to poach in the pan, with the lid on, for approximately 15 minutes. The residual heat will gently cook the chicken and help it retain moisture while imparting aromatics from the broth. Remove the chicken from the broth using a slotted spoon or tongs. The internal temperature should reach 165°F. Transfer chicken to a clean plate and cover with foil to keep warm. Reserve 2 cups of the flavorful poaching broth in the saucepan and store the remainder for a future meal.

STEP 2 Place the saucepan with 2 cups of reserved poaching broth back over over high heat. Add ½ tsp. of salt. Once the broth reaches a boil, add rice, stir once, and cover. Reduce heat to low and cook for 20 minutes. After 20 minutes, remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

STEP 3 While the rice cooks, cut the cucumber into thin half moons. Chop the carrots into thin matchsticks. Set aside.

STEP 4 To serve, add rice to serving plates. Slice the chicken breasts into medallions, about ½" thick and add on top of the rice. Spoon the garlic sesame sauce over the chicken and serve with a side of cucumber and carrot for a crisp, cool contrast. Enjoy!