

Vegan Yassa Chicken with Jasmine Rice

Native Foods

Yassa Marinade

Vegan chicken: 20 fillets

2 fillets per serving

Onions: 5 large, thinly sliced

Garlic: 6 cloves, minced

Dijon mustard: 1/4 cup

Lemon juice: 1 cup

about 5-6 lemons

Vinegar: 1/2 cup

white or apple cider

Vegetable oil: 1/2 cup

for marinade and cooking

Bay leaves: 3

Goya Adobo seasoning: 2 tbsp

Smoked paprika: 2 tsp

Salt and pepper: To taste

Scotch bonnet pepper:

1 chopped

optional, remove seeds for less heat

Jasmine Rice

Jasmine rice: 4 cups

Water: 6 cups

Salt: To taste

Sautéed Vegetables

Mini sweet bell peppers: 10

serve 1 per order

Onions

Olive oil: 4 tbsp

Garlic powder: 2 tsp

Onion powder: 2 tsp

Smoked paprika: 1 tsp

Salt and pepper: To taste

Instructions

1. In a large bowl, combine the sliced onions, garlic, Dijon mustard, lemon juice, vinegar Goya Adobo seasoning, smoked paprika, bay leaves, salt, pepper, and scotch bonnet pepper (if using).

Add the vegan chicken fillets to the marinade, making sure they are fully coated.

Cover and let marinate in the fridge for at least 1 hour, preferably overnight.

2. Cook the Vegan Chicken:

Remove the vegan

chicken

fillets

from the marinade and set the marinade aside.

Heat 2 tbsp vegetable oil in a large pan over medium heat.

Sear the vegan chicken fillets until golden brown on both sides, about 3-4 minutes per side.

Remove and set aside.

3. Cook the Onions:

In the same pan, add 2 tbsp of vegetable oil and the onions from the marinade. Cook the onions over medium heat, stirring occasionally, until caramelized and golden brown, about 15 minutes. Pour the remaining marinade into the pan and bring to a simmer, allowing the sauce to thicken slightly.

4. Combine:

Add the seared vegan chicken fillets back into the pan with the onions and sauce. Simmer for 5-7 minutes, allowing the flavors to meld.



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Continued



Cook the Jasmine Rice:

1. Rinse and Cook:

Rinse 4 cups of jasmine rice until the water runs clear.

In a large pot, bring 6 cups of water to a boil. Add a pinch of salt and the rinsed rice.

Reduce heat to low, cover, and let the rice simmer for 15-20 minutes, or until the water is fully absorbed and the rice is tender.

2. Fluff:

Fluff the rice with a fork and keep warm until ready to serve.

Sautéed Vegetables:

1. Prep the Vegetables: In a large pan, heat 4 tbsp of olive oil over medium heat. Add the sweet potatoes first and sauté for 5-7 minutes until they start to soften.

2. Add the Remaining Vegetables: Add the Brussels sprouts, carrots, and mini sweet bell peppers.

Cook for another 5 minutes, stirring occasionally. Finally, add the large wedges of cabbage (each cut into 8), allowing them to cook gently but maintain their structure.

Sauté for another 3-5 minutes, or until all the vegetables are tender.

3. Season: Sprinkle the garlic powder, onion powder, smoked paprika, salt, and pepper over the vegetables, stirring to evenly coat.

Serve:

Plate the jasmine rice as the base, top with two vegan Yassa chicken fillets and the caramelized onion sauce, along with 2 green spoodles of sautéed vegetables, ensuring that each plate includes:
1 mini sweet bell pepper

