

Breadfruit, Taro, and Garlic Chicken Trio

Makes: 2 Servings

“In American Samoa, we eat taro and breadfruit as our starch,” says Amelie. “We eat it with coconut cream and other food. My recipe has taro and breadfruit, two local foods found in the Pacific. We also have lots of coconut trees and coconut cream. It tastes great together.”

Ingredients

For the Garlic Chicken:

1 skinless boneless chicken breast, halved

1 tablespoon minced garlic

1/4 teaspoon sugar

Salt

For the Breadfruit and Taro:

6 ounces taro (you can substitute with parsnip or sweet potato)

5 ounces breadfruit (you can use canned or substitute with plantains)

6 ounces broccoli

1/4 cup lite coconut cream

2 tablespoons water

1 tomato, quartered

Salt and freshly ground black pepper

Directions

- To make the Garlic Chicken:** In a small bowl, combine the chicken, garlic, sugar, and salt to taste, and marinate for ½ hour in the refrigerator. In a medium nonstick pan, cook the chicken breast on medium heat for 3 minutes on each side or until golden brown.



Nutrition Information

Nutrients	Amount
Calories	363
Total Fat	6 g
Saturated Fat	3 g
Cholesterol	84 mg
Sodium	290 mg
Total Carbohydrate	44 g
Dietary Fiber	5 g
Total Sugars	17 g
Added Sugars included	1 g
Protein	35 g

2. **To make the Breadfruit and Taro:** In a large stockpot, fill with water, taro, and breadfruit and bring to a boil over high heat. Boil for 6 minutes, add the broccoli, and boil another 4 minutes. Drain the water from the pot, moving the broccoli to a plate, but leaving the taro and breadfruit in the pot. Add in the coconut cream, water, tomato, salt, and pepper to taste, and stir. Cook 2 minutes more.
3. **To Assemble:** Divide all of the food onto two plates. Pour any leftover coconut cream sauce onto taro and breadfruit and serve.