

LAUGHING FROG GLAZED CHICKEN THIGHS

with Coconut-Lime Rice & Grilled Pineapple-Avocado Salsa



SERVES: 4

PREP: 20 MINS (+ MARINATING)

COOK: 45 MINS

GLUTEN FREE

INGREDIENTS

FOR THE CHICKEN:

- **1 kg (6-8 pieces)** bone-in, skin-on chicken thighs
- **1 cup** Laughing Frog Sauce
(divided: 1/2 cup for marinating, 1/2 cup for glazing)

FOR THE COCONUT RICE:

- **1.5 cups** jasmine rice
- **400 ml** full-fat coconut milk
- **1 cup** water
- Zest and juice of **1 lime**
- **1/2 tsp** Celtic sea salt

FOR THE SALSA:

- **1/2 fresh pineapple** (peeled and cut into 1.5 cm rounds)
- **1 large** ripe avocado (diced)
- **1/2 small** red onion (finely diced)
- **1/4 cup** fresh coriander (chopped)
- Juice of **1 lime**
- Pinch of Celtic sea salt

GARNISH:

- **2** spring onions (finely sliced)
- Extra fresh coriander leaves

METHOD

1. Marinate the Chicken

Score the meat side of each chicken thigh. Toss the thighs with 1/2 cup of the Laughing Frog Sauce, ensuring they are coated evenly. Cover and refrigerate for at least 2 hours, or overnight for best results.

2. Roast the Chicken

Preheat your oven to 200°C (180°C fan-forced). Place the marinated thighs skin-side up on a wire rack set over a baking paper-lined tray. Roast for 30 minutes until the skin starts to crisp.

3. Cook the Coconut Rice

While the chicken is roasting, rinse the jasmine rice under cold water until the water runs clear. In a medium saucepan, combine the rinsed rice, coconut milk, water, and salt. Bring to a low boil, cover tightly with a lid, and simmer on low heat for 15 minutes. Remove from heat and let it steam, covered, for 10 minutes. Fluff with a fork and gently stir through the lime zest and juice.

4. Glaze & Caramelize

Brush the chicken thighs heavily with the reserved 1/2 cup of Laughing Frog Sauce. Return to the oven for 10 minutes, or until cooked through (internal temperature reaches 75°C). Switch the oven to the

- Lime wedges

grill (broiler) setting on high for 2-3 minutes to beautifully char the edges and blister the glaze.

5. Grill the Salsa & Serve

Heat a dry grill pan or BBQ over high heat until smoking. Sear the pineapple rounds for 3-4 minutes per side until charred. Let them cool slightly, then dice. Gently fold the diced pineapple together with the avocado, red onion, coriander, lime juice, and a pinch of salt. Plate the glazed chicken alongside the coconut rice and salsa, finishing with the fresh garnishes.