



for the
little ones



CHICKEN NUGGETS &
RICE BALLS



COCONUT Lime chicken

Creamy coconut chicken with fresh lime served with broccoli and coriander over fluffy jasmine rice.



35 Minutes



chicken



2 servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	51g	24g	44g

FROM YOUR BOX

JASMINE RICE	150g
COCONUT MILK	400ml
LIME	1
TOMATO	1
SHALLOT	1
GINGER	1 piece
CHICKEN BREAST FILLET	300g
BROCCOLI *	1
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, chicken stock cube, flour (plain or other), sugar

COOKING TOOLS

saucepan, pan, frypan (ovenproof or additional oven dish)

Add 1/2–1 tsp curry powder to the sauce for a mild coconut curry-style chicken. Go easy on the extra lime to keep the flavour balanced.

**Broccolini was switched to broccoli due to availability.*

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



1. COOK the Rice

Set oven to 200°C.

Place **jasmine rice** in a saucepan, cover with **275ml water**. Bring to a boil, cover with a lid and reduce to medium-low. Cook for 10–15 minutes or until **water** is absorbed.

tip Use a rice cooker if you have one!



4. Bake the Chicken

Add **tomato**, **shallot** and **ginger** to the pan. Cook for 2 minutes, then pour in the **sauce**.

Bake in the oven for 10–15 minutes, or until **chicken** is cooked through.

tip You can continue to cook on the stovetop if you prefer!



2. PREPARE the Sauce & Veg

Combine **coconut milk**, **1 crumbled chicken stock cube**, **1 tsp sugar**, **zest and juice from 1/2 lime**. Season with **salt and pepper**.

Dice **tomato**, slice **shallot** and grate **ginger**.



5. COOK the BROCCOLI

Trim and cut **broccoli** into florets. Add to a pan with **1/2 cup water** and cook for 2–3 minutes, or until bright green and tender. Drain and transfer to a serving bowl.



3. SEAR the Chicken

Halve **chicken breast** and toss with **1/2 tbsp flour**, **salt and pepper**.

Heat an ovenproof frypan with **oil** over medium-high heat. Add **chicken** and cook for 2 minutes on each side, or until golden.



6. FINISH AND SERVE

Serve **coconut lime chicken** over **rice** with **broccoli**. Top with **chopped coriander** and remaining **1/2 lime** cut into wedges.