

FOR the
Little ONES

Diced
Chicken



Rice & BROCCOLI
CRUMBS



honey LEMON chicken

Tender chicken pieces cooked in a butter, honey, garlic & lemon sauce served over basmati rice with a side of broccoli.

30 Minutes

4/6 Servings

Chicken

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	54g	7g	88g/80g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
GARLIC CLOVES	2	2
LEMON	1	2
HONEY	1 tub	1 tub
BROCCOLI	1	2
DICED CHICKEN BREAST	600g	600g + 300g
BROWN ONION	1	1
SESAME SEEDS	10g	2 x 10g

FROM YOUR PANTRY

oil for cooking, butter (40g), salt, pepper, cornflour, soy sauce

COOKING TOOLS

saucepan, large frypan

Serve this dish with stir-fried veggies if you like! Use the broccoli and add carrot, capsicum, snow peas, cabbage or onions!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK THE RICE

Place **rice** in a saucepan and cover with **600ml water**. Bring to a boil, cover with a lid and reduce heat to low. Cook for 10-15 minutes or until water is absorbed.

6P - cover rice with 900ml water.



2. MAKE THE SAUCE

Combine crushed **garlic** with **juice from 1 lemon, honey, 1/2 tbsp cornflour, 2 tbsp soy sauce** and **3/4 cup water**. Stir to combine.

6P - use juice from 1 1/2 lemon, honey, 1 tbsp cornflour, 3 tbsp soy sauce and 1 cup water.



3. COOK THE BROCCOLI

Cut **broccoli** into small florets. Place in a large frypan with **1/2 cup water**. Cover and cook over medium-high heat for 3 minutes or until cooked to your liking. Transfer to a serving bowl.

tip Drizzle the broccoli with olive oil or some butter. Alternatively, cook it with the chicken at step 4.



4. COOK THE CHICKEN

Reheat frypan over medium-high heat with **oil**. Dust **diced chicken** with **2 tbsp cornflour**, add to pan and cook until golden all over (roughly 5 minutes).

6P - dust diced chicken with 3 tbsp cornflour.



5. STIR IN THE SAUCE

In the meantime, dice **onion** and add to pan with **40g butter**. Cook for 2-3 minutes. Stir in **prepared sauce** and simmer for 3-4 minutes or until **chicken** is cooked through. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve **honey lemon chicken** and **broccoli** over **rice**. Garnish with **sesame seeds**.

6P - cut remaining 1/2 lemon into wedges for serving.