



Product Spotlight: Ginger

Ginger has several health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add it to hot water for a delicious herbal tea.



Ginger Lime Chicken

with Coconut Rice

Grilled chicken schnitzels served over coconut rice with fresh and crunchy vegetables and a ginger lime dressing.



20 minutes



2 servings



Chicken

5 May 2023

Spice it up!

*This dish would love some chilli!
Add a few slices of fresh chilli, a
sprinkle of dried chilli flakes, or
a drizzle of chilli oil.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 42g | 29g | 51g |

FROM YOUR BOX

| | |
|---------------------|-----------------|
| BASMATI RICE | 1 packet (150g) |
| TINNED COCONUT MILK | 165ml |
| LIME | 1 |
| GINGER | 40g |
| CHICKEN SCHNITZELS | 300g |
| LEBANESE CUCUMBER | 1 |
| AVOCADO | 1 |
| SNOW PEA SPROUTS | 1 punnet |

FROM YOUR PANTRY

oil for cooking, salt, pepper, sesame oil, soy sauce (or tamari)

KEY UTENSILS

griddle pan, saucepan

NOTES

Peel the ginger with a teaspoon. It is easier to get around all the lumps and bumps!



1. MAKE THE COCONUT RICE

Add rice to a saucepan along with coconut milk, **1 cup water** and a pinch of **salt**. Cover with a lid and bring to a boil. Reduce to low heat for 10–15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE DRESSING

Zest lime. Add to a bowl along with juice of 1/2 lime (wedge remaining). Peel and grate ginger (see notes). Add to bowl along with **2 tbsp soy sauce**, **2 tbsp sesame oil** and **pepper**. Whisk to combine.



3. GRILL THE SCHNITZELS

Heat a griddle pan over medium-high heat with **oil**. Coat schnitzels with 1 tbsp prepared dressing. Add to griddle and cook for 4–5 minutes each side until cooked through.



4. PREPARE THE TOPPINGS

Thinly slice cucumber. Slice avocado. Set aside with sprouts and lime wedges.



5. FINISH AND SERVE

Divide coconut rice among bowls. Top with grilled chicken and prepared toppings. Serve with dressing and lime wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

