

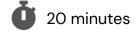




# Ginger Lime Chicken

# with Coconut Rice

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







# 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.

PROTEIN TOTAL FAT CARBOHYDRATES

42g

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.



