



### Product Spotlight: Lime

Before cutting, roll the lime between your palm and bench top, tenderising the fruit and making it easier to juice!



## BBQ Jerk Chicken with Coconut and Nectarine

Chicken schnitzels BBQ'd with jerk seasoning and served with nectarines and fresh vegetables over brown basmati rice with lime and coconut dressing.



30 minutes



4 servings



Chicken

30 December 2022

## Switch it up!

*Make coconut rice! Use coconut milk to make up some of the cooking liquid for the rice. Add olive oil to lime zest and juice to make dressing.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	22g	85g

## FROM YOUR BOX

BROWN BASMATI RICE	1 packet (300g)
NECTARINES	2
CHICKEN SCHNITZELS	600g
JERK SPICE MIX	1 sachet
LIME	1
TINNED COCONUT MILK	165ml
GREEN CAPSICUM	1
TOMATOES	2
SHAVED COCONUT	1 packet (60g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

BBQ (or griddle pan), saucepan

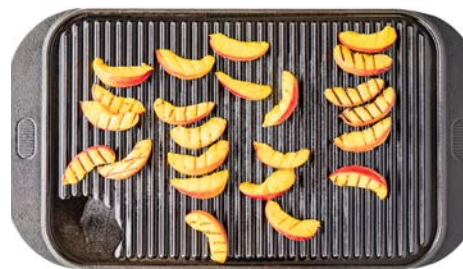
## NOTES

To save time, leave the nectarine fresh. Move straight onto cooking the chicken. Dice fresh nectarine at step 5.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



### 2. BBQ THE NECTARINE

Heat a BBQ over medium-high heat (see notes). Wedge nectarines and coat with **oil**. Add to BBQ and cook for 2 minutes each side. Remove from BBQ.



### 3. BBQ THE CHICKEN

Coat chicken in **oil**, jerk seasoning, **salt and pepper**. Add to BBQ and cook for 4-5 minutes each side until cooked through.



### 4. MAKE THE LIME DRESSING

Zest lime. Add to a bowl along with juice from 1/2 lime (wedge remaining and set aside). Pour in coconut milk. Season with **salt and pepper**. Whisk to combine.



### 5. PREPARE FRESH VEGGIES

Dice capsicum and tomatoes.



### 6. FINISH AND SERVE

Slice the chicken.

Divide rice among bowls. Drizzle over lime dressing. Top with chicken slices, fresh veggies and shaved coconut.

**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](mailto:hello@dinnertwist.com.au)

