

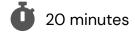




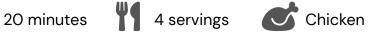
Ginger Lime Chicken

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.

TOTAL FAT CARBOHYDRATES

38g

43g

FROM YOUR BOX

BASMATI RICE	1 packet (300g)
TINNED COCONUT MILK	165ml
LIME	1
GINGER	60g
CHICKEN SCHNITZELS	600g
LEBANESE CUCUMBERS	2
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, 11/2 cups 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 3 tbsp soy sauce, 3 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 <u>1 tbsp</u> prepared dressing. Add to griddle and cook for 4-5 minutes each side until cooked through.



4. PREPARE THE TOPPINGS

Thinly slice cucumbers. 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.



