



Product Spotlight: Lemongrass

To prepare your lemongrass, cut it in half lengthways and remove the core, then bash it with the end of your knife to release the perfumes before chopping.



Lemongrass & Coconut Broth

with Diced Chicken Breast

Diced chicken breast poached in lemongrass and coconut broth with vegetables and zesty lime, served with noodles.



25 minutes



4 servings



Chicken

21 April 2023

Spice it up!

Add thinly sliced chilli, dried chilli flakes, or your favourite hot sauce to the finished dish if you want to spice it up!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	54g	23g	55g

FROM YOUR BOX

NOODLES	1 packet
LEMONGRASS	2
LIME	1
DICED CHICKEN BREAST	600g
TOMATOES	2
ZUCCHINI	1
SLICED MUSHROOMS	1 punnet (200g)
TINNED COCONUT MILK	400ml

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), curry powder

KEY UTENSILS

saucepan, large frypan

NOTES

See product spotlight on front page for tips on how to prepare your lemongrass.

If you want to add extra aromatics to this dish try grated ginger, minced garlic and thinly sliced kaffir lime leaves.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook according to packet instructions. Drain and rinse well with cold water.



2. SAUTÉ THE AROMATICS

Meanwhile, heat a large frypan over medium-high heat with **oil**. Trim and finely slice lemongrass (see notes) and zest lime. Add to pan along with **1 tbsp curry powder** and cook, stirring, for 1-2 minutes until fragrant.



3. SIMMER THE BROTH

Add chicken to pan. Dice tomatoes and zucchini. Add to pan with mushrooms, coconut milk, **1 tin water** and **3 tbsp soy sauce**. Simmer, covered, for 10-15 minutes until chicken is cooked through.



4. SEASON THE BROTH

Stir through juice from 1/2 lime (wedge remaining) and season with **pepper**.



5. FINISH AND SERVE

Divide noodles among bowls. Spoon over broth. Serve with lime wedges.



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