



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Peanuts

Peanuts are a great source of protein. They also contain other healthy nutrients, minerals, antioxidants, and vitamins. The amino acids in the protein are good for growth and development.



## F4 Ginger Lime Grilled Chicken Brown Rice Bowl

Chicken tenderloins coated in a ginger lime dressing and grilled, served in a brown rice bowl with fresh and crunchy vegetables and roasted peanuts.



25 minutes



4 servings



Chicken

7 October 2022

## Stir-fry it!

*Instead of serving the vegetables fresh, stir-fry them in a saucepan with some of the dressing until tender. Add dressing and rice and toss to combine.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	13g	37g

## FROM YOUR BOX

BROWN BASMATI RICE	1 packet (300g)
GINGER	40g
LIME	1
CHICKEN TENDERLOINS	600g
TOMATOES	2
CARROT	1
BEAN SHOOTS	1 bag
THAI BASIL	1 packet
ROASTED PEANUTS	1 packet (80g)

## FROM YOUR PANTRY

oil for cooking, fish sauce, pepper, sweet chilli sauce

## KEY UTENSILS

griddle pan, saucepan

## NOTES

Cook the chicken on a BBQ or in a frypan if desired. Cook in batches if necessary.



### 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, stand for 5 minutes. Stir carefully with a fork.



### 2. MAKE THE DRESSING

Peel and grate ginger. Zest and juice lime. Add to a bowl along with **2 tbsp fish sauce, 2 tbsp sweet chilli sauce, 2 tbsp water** and **pepper**. Whisk to combine.



### 3. GRILL THE CHICKEN

Heat a griddle pan (see notes) over medium-high heat with **oil**. Coat chicken with 2 tbsp prepared dressing. Cook for 4–5 minutes each side until chicken is cooked through.



### 4. PREPARE THE INGREDIENTS

Wedge tomatoes and julienne or grate carrot. Set aside with bean shoots and Thai basil leaves (tear or slice if desired).



### 5. FINISH AND SERVE

Divide brown rice among bowls. Top with prepared ingredients and grilled chicken. Drizzle over dressing and sprinkle over peanuts.

**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**

