



Product Spotlight: Carrot

The longest carrot ever measured a whopping 6.25 metres and was grown in the UK. The heaviest carrot was grown in Minnesota, USA, and weighed 10.17 kilos!



Creamy Chicken Mornay with Lemon Rice

Creamy, cheesy comfort food that's also good for you! Enjoy this dinner, filled with fresh veggies and golden chicken pieces.



30 minutes



2 servings



Chicken

Make it a pie!

In step 4, you can place the chicken mornay into an oven dish and sprinkle the cheese on top. Then place it in the oven for 10 minutes to brown. You can even make individual pies for each family member!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	60g	41g	50g

FROM YOUR BOX

LEMON	1
BASMATI RICE	150g
DICED CHICKEN BREAST	300g
BROWN ONION	1
CELERY STICK	1
CARROT	1
CORN COB	1
CREAM CHEESE	1 tub
BROCCOLI	1

FROM YOUR PANTRY

butter (or oil), salt, pepper, plain flour, dried oregano

KEY UTENSILS

saucepan with lid, large frypan with lid, frypan

NOTES

To save some dishes, add the broccoli to the mornay at step 4 to cook. Stir through 1/2 tbsp mustard for extra flavour.



1. COOK THE LEMON RICE

Slice 1/2 lemon and place in a saucepan with rice (wedge remaining). Cover with **300ml 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. COOK THE CHICKEN

Heat a large frypan with **1 tbsp butter**. Add chicken along with **1/2 tsp oregano, salt and pepper**. Cook for 5 minutes until browned. Remove to a plate and keep pan on heat.



3. COOK THE VEGETABLES

Dice onion, celery and carrot. Remove corn kernels from cob. Add to pan and cook for 3 minutes.



4. SIMMER THE SAUCE

Stir in **1 tbsp flour** and cook for 1 minute. Stir through cream cheese and **2 1/2 cups water** until combined. Return chicken to pan, cover and simmer for 5 minutes until thickened (see notes).



5. COOK THE BROCCOLI

Heat another frypan over medium-high heat with **1/2 cup water**. Cut broccoli into florets. Add to pan and cook for 2-3 minutes, until just tender. Remove and toss with **butter, salt and pepper**.



6. FINISH AND SERVE

Adjust mornay seasoning with **salt and pepper** to taste.

Divide rice among bowls and spoon over mornay sauce. Serve broccoli and lemon wedges on the side.



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