



### Product Spotlight: Lime


Did you know? Seedless limes are classified as parthenocarpic fruit, meaning the flowers don't require pollen to make fruit. While some fruits are bred to have no seeds, seedless limes grow naturally!




## Baked Brazilian Chicken

### with Rice

Tender chicken fillets baked in coconut milk with lime juice and paprika and served with fluffy basmati rice.

 30 minutes

 2 servings

 Chicken

## Switch it up!

*You can use the coconut milk and rice to make coconut rice instead! Pan-cook the chicken and serve it with fresh chopped salsa using the vegetables and coriander.*

Per serve: **PROTEIN** 46g **TOTAL FAT** 45g **CARBOHYDRATES** 77g

## FROM YOUR BOX

CHICKEN TENDERLOINS	300g
LIME	1
YELLOW CAPSICUM	1
SHALLOT	1
TOMATO	1
COCONUT MILK	400ml
BASMATI RICE	150g
CORIANDER	1 packet

## FROM YOUR PANTRY

salt, pepper, ground paprika

## KEY UTENSILS

oven dish, saucepan with lid

## NOTES

You can use foil or an oven tray to cover the dish.



### 1. PREPARE THE CHICKEN

Set oven to 220°C.

Toss **chicken tenderloins** in a bowl with **zest and juice from 1/2 lime** (wedge remaining), **1/2 tsp paprika, salt and pepper**.



### 2. PREPARE THE VEGETABLES

Slice **capsicum, shallot and tomato**. Arrange in an oven dish.



### 3. BAKE THE VEG AND CHICKEN

Transfer **chicken** and any **lime juice** from bowl to oven dish. Pour over **coconut milk**. Season with **1/2 tsp paprika, salt and pepper**. Cover dish and bake in oven for 10 minutes (see notes).



### 4. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 5. FINISH THE TRAYBAKE

Uncover the oven dish and bake for a further 10 minutes, or until the **chicken** is cooked through.



### 6. FINISH AND SERVE

Divide **rice** among bowls, spoon traybake with **sauce** on top. Garnish with chopped **coriander** and serve with **lime wedges**.



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