DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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 tenderloins baked in coconut milk with lime juice and paprika and served with fluffy basmati rice.

30 minutes | 4/6 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 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	21g/14g	75g

FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN TENDERLOINS	600g	600g + 300g
LIME	1	2
GREEN CAPSICUM	1	1
YELLOW CAPSICUM	1	2
RED ONION	1	1
TOMATOES	2	3
COCONUT MILK	400ml	400ml
BASMATI RICE	300g	300g + 150g
CORIANDER	1 packet	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.

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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 tsp paprika**, **salt and pepper.**

6P - use zest and juice from 1 lime (wedge remaining) and 2 tsp paprika.



2. PREPARE THE VEGETABLES

Slice **capsicums**, **onion** and **tomatoes**. 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 tsp paprika, salt and pepper**. Cover dish and bake in oven for 10 minutes (see notes).

6P - use 2 tsp paprika and add 1/2 cup water.



4. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml 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.

6P - cover rice with 900ml water.



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.**

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**