



### 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.



## 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, crunchy vegetables and roasted peanuts.

 30 minutes

 2 servings

 Chicken

## 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** 43g **TOTAL FAT** 14g **CARBOHYDRATES** 30g

## FROM YOUR BOX

BROWN BASMATI RICE	150g
GINGER	1 piece
LIME	1
CHICKEN TENDERLOINS	300g
TOMATO	1
CARROT	1
THAI BASIL	1 packet
ROASTED PEANUTS	1 packet

## 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.



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### 1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low 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 **1 tbsp fish sauce**, **1 tbsp sweet chilli sauce**, **1 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 **tomato** and julienne or grate **carrot**. Set aside with **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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

