



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	TOTAL FAT	CARBOHYDRATES
	45g	13g	40g

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.



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**.



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