

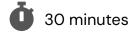




Ginger Lime Grilled Chicken

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.







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.

TOTAL FAT CARBOHYDRATES

45g

37g

FROM YOUR BOX

BROWN BASMATI RICE	300g
GINGER	1 piece
LIME	1
CHICKEN TENDERLOINS	600g
TOMATOES	2
CARROT	1
BEAN SHOOTS	1 bag
THAI BASIL	1 packet
ROASTED PEANUTS	80g

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 **600ml 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 2 tbsp fish sauce, 2 tbsp sweet chilli sauce, 2 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 **tomatoes** and julienne or grate **carrot**. Set aside with with **bean shoots** and **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**.





