



Product Spotlight: Brown Rice

What's the difference between brown and white rice? When the first outer layer, husk of rice is removed, you get brown rice. When you further mill it and remove bran and germ layer, then polish it, you get white rice.



Green Chicken Curry with Brown Rice

Homemade green curry sauce with kaffir lime leaves, coriander, coconut milk and a hint of chilli cooked with chicken breast pieces and served over wholesome brown rice with your daily dose of greens.

35 minutes

4 servings

Chicken

Switch up the veg!

Switch up the greens for roasted eggplant, zucchini, carrot, capsicum or bean shoots for some variation! You can serve this curry with rice noodles if you prefer.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	51g	14g	40g

FROM YOUR BOX

BROWN RICE	300g
KAFFIR LIME LEAVES	2
BROWN ONION	1
GINGER	40g
CORIANDER	1 packet
COCONUT MILK	400ml
DICED CHICKEN BREAST	600g
GREEN BEANS	250g
BROCCOLI	1
LIME	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, chilli flakes, fish sauce (or soy sauce)

KEY UTENSILS

saucepan, large frypan with lid, stick mixer or blender

NOTES

Add the lime zest to the curry for extra flavour if desired.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. BLEND THE SAUCE

Slice lime leaves (remove stem and core). Chop onion, peel and grate ginger, chop coriander stems and roots (reserve leaves). Blend together with coconut milk, **1 tsp chilli flakes** and **1 tbsp fish sauce** until smooth using a stick mixer or blender.



3. COOK THE CHICKEN

Heat a large frypan with **oil** over medium-high heat. Add chicken to pan. Season with **salt and pepper**. Cook for 5–6 minutes or until golden.



4. SIMMER THE CURRY

Trim beans and cut into thirds, and broccoli into florets. Add to pan along with prepared sauce. Cover and simmer for 6–8 minutes. Squeeze in 1/2 lime juice (see notes) and wedge remaining.



5. FINISH AND SERVE

Season curry to taste with **fish sauce** (we used 1/2 tbsp).

Divide rice and curry among bowls. Garnish with reserved coriander and serve with lime wedges.



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