



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: COCONUT MILK

Coconut milk is the liquid that comes from blending the meat of a coconut with water. The principal medium chain fatty-acids in coconut are lauric acid and capris acid. Both are very nourishing, antimicrobial (great for your immune system), anti-inflammatory and healing to the digestive system.



## 2. LEMONGRASS CHICKEN

WITH COCONUT RICE

 25 Minutes

 2 Servings

Creamy coconut rice with golden turmeric and lemongrass chicken, served with a fresh mint and cucumber salad.

#### PER SERVE

| PROTEIN | TOTAL FAT | CARBOHYDRATES |
|---------|-----------|---------------|
| 34g     | 50g       | 36g           |

20 April 2020

## FROM YOUR BOX

|                       |             |
|-----------------------|-------------|
| BASMATI RICE          | 150g        |
| COCONUT MILK          | 165ml       |
| LEMONGRASS            | 1 stalk     |
| CHICKEN THIGH FILLETS | 300g        |
| LEBANESE CUCUMBER     | 1           |
| CARROT                | 1           |
| MINT                  | 1/2 bunch * |
| BEAN SHOOTS           | 1 bag       |

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, ground turmeric, white wine (or rice wine) vinegar

## KEY UTENSILS

saucepan with lid, frypan

## NOTES.

Bruise the lemongrass stalk first to release the perfumes. Cut the stalk in halve lengthways and cut out the core before slicing.

Use sesame oil to dress the salad for extra flavour.



### 1. COOK THE COCONUT RICE

Place rice, coconut milk and **1 cup water** into a saucepan and season with **salt**. Bring to the boil, stir then reduce heat to medium-low. Simmer, covered, for 10-12 minutes (add more water if needed). Take off heat and allow to stand, covered, for 5 minutes.



### 4. COOK THE CHICKEN

Heat a frypan with **oil** over medium-high heat. Cook chicken for 5-6 minutes each side or until cooked through.



### 2. PREPARE THE CHICKEN

Finely chop white end of lemongrass (see notes). Combine with **1 tsp ground turmeric, 1 tbsp oil, salt and pepper**. Rub all over chicken to marinate. Set aside.



### 5. FINISH AND PLATE

Divide rice, chicken and salad among plates.



### 3. PREPARE THE SALAD

Ribbon the cucumber and carrot using a vegetable peeler. Slice mint leaves. Toss together with bean shoots, **1 1/2 tbsp vinegar** and **1 1/2 tbsp olive oil** (see notes).