



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Garlic Lemon Chicken

Golden chicken tenderloins, served over fluffy rice with broccoli in a buttery garlic lemon sauce.



30 minutes



Chicken



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
BROCCOLI	1	2
BROWN ONION	1	1
GARLIC CLOVES	2	3
CHICKEN TENDERLOINS	600g	600g + 300g
LEMON	1	1

FROM YOUR PANTRY

oil for cooking, salt and pepper, plain flour (or of choice), butter

NOTES

You can transform this dish into a fried rice by dicing the chicken and tossing all cooked ingredients together in a wok with soy sauce. Alternatively, add your favourite Indian spices to create a pilaf-style dish.

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1. COOK THE RICE

Place **rice** in a saucepan with **600ml water**. Cover and bring to a boil. Reduce heat to low and cook for 12–15 minutes until tender. Stand covered for 5 minutes.

6P – use 900ml water

2. PREPARE THE INGREDIENTS

Cut **broccoli** into small florets. Dice **onion**. Crush or finely chop **garlic**.

Toss **chicken tenderloins** with **2 tbsp flour, salt and pepper** until lightly coated.

6P – use 3 tbsp flour.

3. COOK THE CHICKEN

Heat a large frypan over medium–high heat with **oil**. Cook **chicken** for 3–4 minutes each side until golden and cooked through. Set aside on a plate.

TIP *You can dice the chicken if preferred.*

4. MAKE THE GARLIC LEMON SAUCE

Add **onion** and **broccoli** to same pan. Cook for 4–5 minutes until softened. Add **garlic** and cook until fragrant. Stir in **3 tbsp butter, 1/2 tbsp flour** and cook for 1 minute. Gradually pour in **1 cup water** while stirring until smooth. Squeeze in **juice** of **1/2 lemon** (wedge remaining). Simmer for 2–3 minutes until **sauce** thickens slightly. Season with **salt and pepper**.

6P – use 4 tbsp butter, 3 tsp flour and 1 1/2 cups water.

TIP *You can add 1 tsp seeded mustard and 1 tsp dried herb (we used tarragon) for depth of flavour. Alternatively, use soy sauce and ginger for an Asian inspired dish.*

5. FINISH AND SERVE

Return **chicken** to pan and spoon sauce over to coat. Serve **garlic lemon chicken** over **rice** and **lemon wedges** on the side.

This recipe has simplified instructions to help lower your meal cost.