



### Product Spotlight: Lime

Seedless limes are classified as a parthenocarpic fruit, meaning the flowers don't require pollen to make fruit. Though some are bred to have no seeds, seedless limes occur naturally!



## 2 Grilled Chicken & Pineapple with Chilli & Lime

A fresh noodle bowl with kale coleslaw, grilled pineapple and chicken, finished with a punchy lime Thai pesto dressing.

 30 mins

 2 servings

 Chicken

22 March 2021

### Spice it up!

*You can add roasted peanuts or fried shallots to garnish this dish for an exciting finish. Fresh chopped coriander also works well!*

Per serve: **PROTEIN** 41g **TOTAL FAT** 26g **CARBOHYDRATES** 79g

## FROM YOUR BOX

SLICED PINEAPPLE	1 tin (225g)
CHICKEN BREAST FILLET	300g
NOODLES	1 packet (100g)
LIME	1
THAI PESTO	1 tub
RADISHES	1/3 bunch *
LEBANESE CUCUMBER	1
RED CHILLI	1
KALE COLESLAW	1 bag (200g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin

## KEY UTENSILS

frypan, saucepan

## NOTES

Rinse the noodles before serving if they are stuck together.

For a warmer dish you can stir-fry the kale coleslaw with a little sesame oil. Use the cucumber, radish and chilli for garnish.



### 1. COOK THE PINEAPPLE

Bring a saucepan of water to boil (for step 3). Drain the pineapple (reserve juice for step 4). Cook in a frypan over medium-high heat with **oil** for 3–4 minutes each side until slightly charred. Remove and set aside.



### 2. COOK THE CHICKEN

Coat chicken with **1/2 tbsp cumin, oil, salt and pepper**. Reheat frypan over medium-high heat. Cook chicken for 8–10 minutes each side or until cooked through.



### 3. COOK THE NOODLES

Add noodles to saucepan of boiling water. Cook for 2–3 minutes until al dente. Drain and rinse. Set aside.



### 4. PREPARE THE DRESSING

Whisk together reserved pineapple juice with lime juice and Thai pesto. Season with **salt and pepper**.



### 5. PREPARE THE SALAD

Dice radishes and cucumber. Slice chilli. Toss with kale coleslaw.



### 6. FINISH AND PLATE

Divide noodles, salad and pineapple among bowls. Slice and add chicken. Spoon over dressing to taste.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

