




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

 4 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** 39g **TOTAL FAT** 15g **CARBOHYDRATES** 65g

FROM YOUR BOX

SLICED PINEAPPLE	1 tin (225g)
CHICKEN BREAST FILLETS	600g
NOODLES	1 packet (200g)
LIME	1
THAI PESTO	1 tub
RADISHES	1/2 bunch *
LEBANESE CUCUMBER	1
RED CHILLI	1
KALE COLESLAW	1 bag (400g)

**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 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**

