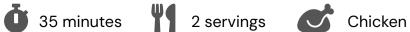






Lemon Chicken Crockpot

A nourishing, simmered chicken soup with tender shredded chicken, earthy brown rice, and silverbeet, infused with turmeric, coconut milk, and fresh lemon.







FROM YOUR BOX

BROWN RICE	150g
BROWN ONION	1
SILVERBEET	1 bunch
CHICKEN SCHNITZELS	300g
COCONUT MILK	165ml
LEMON	1

FROM YOUR PANTRY

olive oil, salt and pepper, ground turmeric, chicken stock cubes

NOTES

You can make this dish heartier but stirring in a some tinned chickpeas, lentils or beans.

1. COOK THE RICE

Add **rice** to a saucepan with plenty of water and bring to a boil. Simmer for 20-25 minutes, or until tender. Drain and set aside.



You can cook the rice in a rice cooker for a quicker option.

2. SIMMER THE BROTH

Dice onion and silverbeet stalks (reserve leaves). Add to a large saucepan with olive oil over medium heat and sauté until softened. Add 1 tsp turmeric, crumbled chicken stock cube, chicken schnitzels, and 1.2L water. Bring to a boil, then reduce heat and simmer for 8–10 minutes until chicken is cooked through.

TIP Dried oregano, thyme, or a pinch of cumin will add extra depth of flavour. Add some sliced

carrot or celery if you would like more vegetables. We added 2 tsp ground coriander and 1/2 tsp celery salt.

3. SHRED THE CHICKEN

Remove chicken from the broth and shred using two forks or slice. Slice reserved silverbeet leaves. Return chicken to the pot along with silverbeet, **coconut milk**, <u>1/2 lemon zest and juice</u> (wedge remaining). Simmer for another 5 minutes until silverbeet is wilted.



Stir in a pinch of dried chilli flakes for gentle heat or a teaspoon of ground coriander for a warm, citrusy note.

4. FINISH AND SERVE

Stir cooked brown rice into the crockpot and season with **salt and pepper** to taste. Ladle into bowls and serve with lemon wedges.

TIP Garnish with fresh parsley, cracked black pepper, or a drizzle of olive oil for extra

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