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DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



# 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.



35 minutes



2 servings



Chicken

## 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.

**TIP** *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**, **1/2 lemon zest and juice** (wedge remaining). Simmer for another 5 minutes until silverbeet is wilted.

**TIP** *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.**