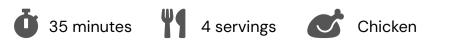






# Lemon Chicken Crockpot

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	600g
COCONUT MILK	165ml
LEMON	1

### FROM YOUR PANTRY

olive oil, salt and pepper, ground turmeric, 2 x 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 cubes, chicken schnitzels, and 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, lemon zest, and 1/2 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.

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