

X4



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



4 servings



Chicken

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.

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 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.