



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED



## Lemon Chicken Crockpot

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



35 minutes



4/6 servings



Chicken

## FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	150g	300g
BROWN ONION	1	2
KALE	1 bunch	1 bunch
CHICKEN SCHNITZELS	600g	600g + 300g
COCONUT MILK	165ml	400ml
LEMON	1	2

## 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.

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## 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**. 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.

**6P** – add **3 tsp turmeric, 3 crumbled chicken stock cubes, chicken schnitzels and 2.5L water**.

**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 salt.*

## 3. SHRED THE CHICKEN

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

**6P** – return chicken to the pot along with kale, coconut milk, lemon zest and juice from 1 lime (wedge remaining).

## 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 flavour.*

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