



Lemongrass and Coconut Chicken

with Lime Basmati Rice

Quick 25 Minutes



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Chicken Tenders



Chicken Thighs



Basmati Rice



Coconut Milk



Soy Sauce



Red Curry Paste



Carrot, julienned



Lime



Garlic Salt



Sweet Bell Pepper



Lemongrass

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO LEMONGRASS

A tall tropical grass with bright lemony notes!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Measuring spoons, strainer, tongs, zester, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Chicken Thighs *	280 g	560 g
Basmati Rice	¾ cup	1 ½ cups
Coconut Milk	1	2
Soy Sauce	1 tbsp	2 tbsp
Red Curry Paste	2 tbsp	4 tbsp
Carrot, julienned	56 g	113 g
Lime	1	1
Garlic Salt	1 tsp	2 tsp
Sweet Bell Pepper	1	2
Lemongrass	1	1
Sugar*	2 tsp	4 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Cook rice

- Using a strainer, rinse **rice** until **water** runs clear.
- Add **1 cup** (2 cups) **water** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice** and **half the garlic salt**, then reduce heat to medium-low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.



Start lemongrass sauce

- Add **lemongrass**. Cook, stirring often, until fragrant, 1 min.
- Add **coconut milk, curry paste, soy sauce, ¼ cup** (½ cup) **water** and **2 tsp** (4 tsp) **sugar**. Stir to combine, then bring to a boil over high.
- Once boiling, add **carrots** and **peppers**.



Prep

- Meanwhile, remove outer layer of **lemongrass**, then cut into quarters crosswise. Using the back of a wooden spoon, forcefully tap **lemongrass** to bruise.
- Core, then cut **pepper** into ¼-inch slices.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.



Finish lemongrass sauce

- Reduce heat to medium-low, then cover and cook until **chicken** is cooked through, 4-5 min.**
- Carefully remove **lemongrass** from the pan and discard.
- Stir in **lime juice**. Season with **salt** and **pepper**, to taste.



Sear chicken

- Meanwhile, pat **chicken** dry with paper towels. Cut into 1-inch pieces. Season with **remaining garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Pan-fry until golden-brown, 2-3 min per side. (**NOTE:** Chicken will finish cooking in step 5.)

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders**.



Finish and serve

- Fluff **rice** with a fork, then stir in **lime zest** and season with **salt**, to taste.
- Divide **rice** between bowls. Top with **lemongrass chicken, veggies** and **sauce**.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!



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