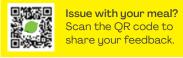
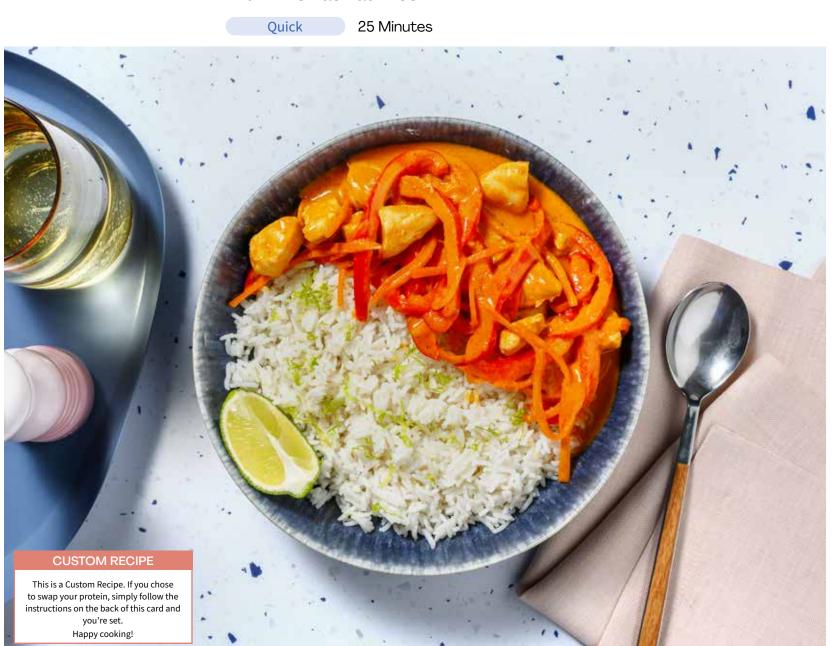


Lemongrass and Coconut Chicken

with Lime Basmati Rice







Chicken Tenders







Coconut Milk





Red Curry Paste

Soy Sauce





Carrot, julienned



Garlic Salt



Sweet Bell Pepper



Lemongrass

Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), within steps Ingredient

Bust out

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

Ingredients

3		
	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, sov. sulphites, tree nuts and wheat.





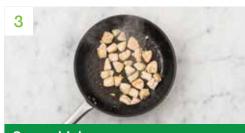
Cook rice

- 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.



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.



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 mediumhigh 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.



Start lemongrass sauce

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



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.



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!