



for the
little ones



BRAZILian Chicken



30 Minutes



2 Servings



Chicken

A colourful and creamy coconut chicken dish with a gentle spice and a pop of lime – great for little chefs to help stir, sprinkle and taste along the way!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	42g	71g

FROM YOUR BOX

JASMINE RICE	150g
BROWN ONION	1
RED CAPSICUM	1
CHERRY TOMATOES	200g
LIME	1
SPRING ONIONS	1 bunch
DICED CHICKEN BREAST	300g
COCONUT MILK	400ml

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika, ground cumin

COOKING TOOLS

frypan, saucepan

You can place the veggies, chicken, spices and coconut milk in an oven dish and bake for 25 minutes instead if you prefer. Season with lime and serve with rice.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK the Rice

Place **rice** in a pan, cover with **275ml water**. Bring to a boil. Cover and reduce to medium-low heat for 10-15 minutes. Remove from heat, uncover and stand for 5 minutes.

tip Use a rice cooker if you have one!



2. PREPARE the Veggies

Peel and dice **onion**. Slice **capsicum** and halve **cherry tomatoes**. Zest and cut **1/2 lime** into wedges (reserve remaining) and chop **spring onions**. Keep separate.

tip The capsicum and tomatoes can be served fresh if you prefer!



3. COOK the Chicken

Heat a frypan with **oil** over medium-high heat. Add **diced chicken** and season with **1 tsp paprika, 1 tsp cumin, salt and pepper**. Cook for **2-3 minutes** until golden.

tip You can add 1/2 tsp ground coriander and/or 1-2 crushed garlic cloves for extra flavour.



4. SIMMER the Chicken

Add **onion, capsicum** and **cherry tomatoes** to pan. Cook for 3-4 minutes until softened. Pour in **coconut milk**, cover and simmer for 10 minutes.



5. ADD Lime & SPRING ONIONS

Add **lime zest** and squeeze in **remaining 1/2 lime**. Stir through **spring onions** (save some for garnish if you like). Season with **salt and pepper** to taste.

tip Reserve all spring onions for garnish if the kids prefer a more 'plain' sauce.



6. FINISH & SERVE

Fluff the **rice** with a fork. Spoon over the creamy **Brazilian chicken** and top with any extra **spring onions**. Add **lime wedges** on the side for squeezing.