



for the
little ones



BRAZILian 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!



30 Minutes



4/6 Servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	38g	22g/15g	65g

FROM YOUR BOX

	4 PERSON	6 PERSON
JASMINE RICE	300g	300g + 150g
BROWN ONION	1	1
RED CAPSICUM	1	2
CHERRY TOMATOES	200g	2 x 200g
LIME	1	2
SPRING ONIONS	1 bunch	1 bunch
DICED CHICKEN BREAST	600g	600g + 300g
COCONUT MILK	400ml	400ml

FROM YOUR PANTRY

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

COOKING TOOLS

large 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 **550ml 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.

6P – use 825ml water for the rice.

tip Use a rice cooker if you have one!



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.

6P – add 1/2 tin water.



2. PREPARE the Veggies

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

6P – zest and cut 1 lime into wedges (reserve remaining).



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**.

6P – squeeze in juice from 1 lime.

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



3. COOK the Chicken

Heat a large 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.

6P – use 2 tsp each paprika & cumin.

tip Add 1 tsp ground coriander & 1 garlic clove for extra flavour.



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.