



Product Spotlight: Peanuts

Peanuts are a great source of protein. They also contain other healthy nutrients, minerals, antioxidants, and vitamins. The amino acids in the protein are good for growth and development.



F2 Ginger Lime Grilled Chicken Brown Rice Bowl

Chicken tenderloins coated in a ginger lime dressing and grilled, served in a brown rice bowl with fresh and crunchy vegetables and roasted peanuts.

 25 minutes

 2 servings

 Chicken

7 October 2022

Stir-fry it!

Instead of serving the vegetables fresh, stir-fry them in a saucepan with some of the dressing until tender. Add dressing and rice and toss to combine.

Per serve: **PROTEIN** 45g **TOTAL FAT** 13g **CARBOHYDRATES** 40g

FROM YOUR BOX

BROWN BASMATI RICE	1 packet (150g)
GINGER	20g
LIME	1
CHICKEN TENDERLOINS	300g
TOMATO	1
CARROT	1
THAI BASIL	1 packet
ROASTED PEANUTS	1 packet (40g)

FROM YOUR PANTRY

oil for cooking, fish sauce, pepper, sweet chilli sauce

KEY UTENSILS

griddle pan, saucepan

NOTES

Cook the chicken on a BBQ or in a frypan if desired. Cook in batches if necessary.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE DRESSING

Peel and grate ginger. Zest and juice lime. Add to a bowl along with **1 tbsp fish sauce**, **1 tbsp sweet chilli sauce**, **1 tbsp water** and **pepper**. Whisk to combine.



3. GRILL THE CHICKEN

Heat a griddle pan (see notes) over medium-high heat with **oil**. Coat chicken with 2 tbsp prepared dressing. Cook for 4–5 minutes each side until chicken is cooked through.



4. PREPARE THE INGREDIENTS

Wedge tomato and julienne or grate carrot. Set aside with with Thai basil leaves (tear or slice if desired).



5. FINISH AND SERVE

Divide brown rice among bowls. Top with prepared ingredients and grilled chicken. Drizzle over dressing and sprinkle over peanuts.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

