



Product Spotlight: Lemon

Lemons are a good source of vitamin C, magnesium, and potassium - minerals and antioxidants that give you better hair and skin and stronger nails!





F4

Sweet Ginger Soy Chicken

with Black Rice

Chicken tenderloins and stir-fried vegetables served over black rice with a flavourful lemon, ginger and soy sauce dressing.

 25 minutes

 4 servings

 Chicken

17 June 2022

Bake it!

Add vegetables and chicken tenderloins to a lined oven dish. Pour over prepared dressing and bake in oven until chicken is cooked through.

Per serve: **PROTEIN** 46g **TOTAL FAT** 10g **CARBOHYDRATES** 68g

FROM YOUR BOX

| | |
|---------------------|-----------------|
| BLACK RICE | 1 packet (300g) |
| LEMON | 1 |
| GINGER | 1 piece |
| ASIAN GREENS | 1 bunch |
| RED CAPSICUM | 1 |
| SPRING ONIONS | 1 bunch |
| CHICKEN TENDERLOINS | 600g |
| GARLIC CLOVE | 1 |

FROM YOUR PANTRY

pepper, honey, soy sauce (or tamari), sesame oil (or other)

KEY UTENSILS

frypan or wok, saucepan

NOTES

When zesting lemons, limes, or oranges, make sure you only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, directly underneath the peel as this is quite bitter.

White pepper works well in this dressing and is a good alternative for ground black pepper when cooking for fussy eaters.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse with cold water.



2. MAKE THE DRESSING

Zest and juice lemon (see notes). Peel and grate ginger. Add to a bowl along with **2 tbsp sesame oil**, **3 tbsp soy sauce** and **1 tbsp honey**. Season with **pepper** (see notes).



3. PREPARE THE VEG

Trim and chop Asian greens, slice capsicum and cut spring onions into 4cm lengths.



4. COOK THE CHICKEN

Heat a frypan over medium–high heat. Add chicken to pan with **oil** and cook for 5 minutes. Turn over and add 3 tbsp prepared dressing to pan. Cook for a further 4–5 minutes or until cooked through. Remove and keep warm, reserve pan over heat.



5. STIR-FRY VEGETABLES

Add all the vegetables to pan along with crushed garlic clove. Stir-fry for 3–5 minutes or until cooked to your liking.



6. FINISH AND SERVE

Assemble plates with black rice, lemon chicken and stir-fried veggies. Drizzle over dressing to taste.

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

