



Ginger, Lime and Garlic Chicken Stew with Tenderstem® Broccoli and Basmati Rice

Quick 20 Minutes • 1 of your 5 a day

47



Diced British Chicken Breast



Garlic Clove



Tenderstem® Broccoli



Lime



Basmati Rice



Ginger Puree



Tomato Puree



Coconut Milk



Chicken Stock Paste



Soy Sauce

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, frying pan, garlic press, fine grater, saucepan, sieve and lid.

Ingredients

Ingredients	2P	3P	4P
Diced British Chicken Breast**	240g	390g	520g
Garlic Clove**	2	3	4
Tenderstem® Broccoli**	80g	150g	150g
Lime**	½	1	1
Basmati Rice	150g	225g	300g
Ginger Puree	15g	15g	30g
Tomato Puree	30g	45g	60g
Coconut Milk	180ml	250ml	360ml
Chicken Stock Paste	10g	15g	20g
Soy Sauce 11 13	15ml	15ml	30ml

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	423g	100g
Energy (kJ/kcal)	2671 /638	631 /151
Fat (g)	19.1	4.5
Sat. Fat (g)	14.5	3.4
Carbohydrate (g)	73.8	17.4
Sugars (g)	7.4	1.7
Protein (g)	43.5	10.3
Salt (g)	3.19	0.75

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

11) Soya **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Fry the Chicken

- Boil a full kettle.
- While it boils, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, add the **diced chicken** and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Prep Time

- While the chicken cooks, peel and grate the **garlic** (or use a garlic press).
- Cut the **Tenderstem® broccoli** into thirds.
- Zest and halve the **lime**.



Cook the Rice

- Once the **water** has boiled, pour into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back into the pan. Cover with a lid and leave to the side until ready to serve.



Simmer and Spice

- Once the **chicken** is cooked, stir in the **garlic**, **ginger puree** and **tomato puree**. Cook for 1 min.
- Pour in the **coconut milk**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts), then stir together.
- Add the **broccoli**, bring to the boil, then lower the heat. Simmer until the **sauce** has thickened and the **broccoli** is tender, 4-5 mins.



Finish Off

- Once thickened, remove from the heat, squeeze in some of the **lime juice** and stir in the **soy sauce**.
- Taste and add more **lime juice** if needed and add a splash more **water** if it's a bit too thick.



Serve

- Share the **rice** between your bowls and spoon the **chicken stew** on top.
- Finish with a sprinkling of **lime zest**.

Enjoy!