

Ginger, Lime and Garlic Chicken Stew



with Spinach and Basmati Rice

Rapid 20 Minutes







Diced Chicken Breast











Basmati Rice

Ginger Puree



Coconut Milk



Tomato Puree

Chicken Stock Paste



Baby Spinach



Soy Sauce

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

Ingredients

Ingredients	2P	3P	4P
Diced Chicken Breast**	260g	390g	520g
Garlic Clove**	2	3	4
Lime**	1/2	1	1
Basmati Rice	150g	225g	300g
Ginger Puree	15g	15g	30g
Tomato Puree	30g	60g	60g
Coconut Milk	200ml	400ml	400ml
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	60g	80g
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*	75ml	100ml	150ml
According to the American			

^{*}Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	388g	100g
Energy (kJ/kcal)	2891/691	744 / 178
Fat (g)	25.0	6.5
Sat. Fat (g)	20.3	5.2
Carbohydrate (g)	75.5	19.4
Sugars (g)	7.4	1.9
Protein (g)	43.7	11.3
Salt (g)	3.33	0.86

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, milk, egg, mustard, celery, soya, 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.

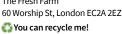
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Fry the Chicken

- a) Boil a full kettle.
- **b)** While it boils, heat a drizzle of **oil** in a frying pan on medium-high heat.
- c) 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

- a) While the chicken cooks, peel and grate the garlic (or use a garlic press).
- b) Zest and halve the lime.



Cook the Rice

- a) Once the water has boiled, pour into a large saucepan with 1/4 tsp salt on high heat.
- b) Add the rice and cook for 10-12 mins.
- c) 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

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



Add the Spinach

- a) Once thickened, stir the spinach into the chicken stew a handful at a time until wilted and piping hot, 1-2 mins.
- **b)** Remove from the heat, squeeze in some of the lime juice and stir in the soy sauce.
- c) Taste and add more lime juice if needed and add a splash more water if it's a bit too thick.



Serve

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

Enjoy!