

Webfid00324hero lemonhoneychicken 294

## Lemon and Honey Chicken

with Broccolini, Ginger Rice and Peas



20-30min



4 Portions

This simple, oven-baked chicken dish is just the ticket for a cool autumn evening, with comforting flavours and just the right balance of virtue and indulgence. We love infusing rice with the gentle, aromatic ginger, which goes perfectly with the lemon and honey chicken and veggies.

## What we send

- lemon
- free-range chicken breast fillet
- green peas
- ginger and coriander
- carrot
- broccolini
- jasmine rice

## What you'll require

- Australian honey
- olive oil
- soy sauce <sup>6</sup>

## Utensils

- baking paper
- large frypan
- medium saucepan
- oven tray
- sieve

- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Soy (6). May contain traces of other allergens.

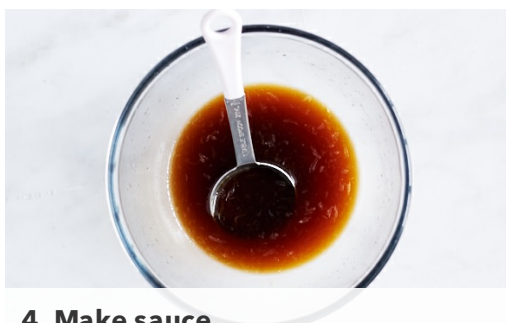
## Nutrition per serving

Energy 575.0kcal, Fat 6.0g, Proteins 48.1g, Carbs 76.6g



1. Cook rice

Preheat oven to 200C. Cut **ginger** into thin slices. Rinse the **rice** well. Place in a medium saucepan with the ginger and 420ml (1¾ cups) water, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat, top rice with **peas** and stand, covered, for at least 5 mins.



4. Make sauce

Combine the **lemon juice** with 2 tbs **soy sauce** and 1 tbs **honey**. Cook the **broccolini** in the pan of boiling water for 3 mins, then drain well.



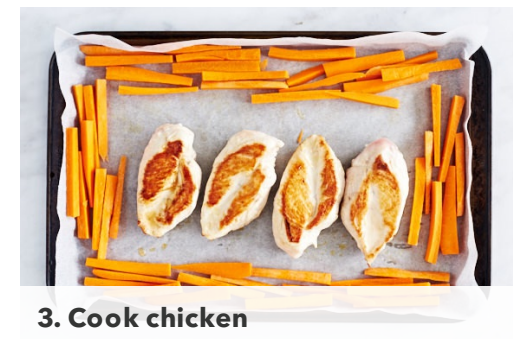
2. Prepare ingredients

Meanwhile, line an oven tray with baking paper. Bring a medium saucepan of water to the boil. Cut **carrots** into batons. Squeeze the juice from 1 **lemon** and cut remaining lemon into wedges. Trim ends of **broccolini**. Pick **coriander** leaves (discard stems).



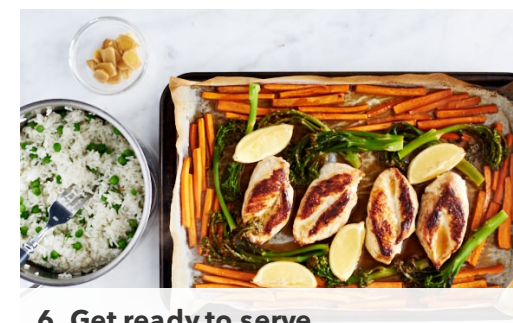
5. Finish chicken

Add **broccolini** to **chicken** on tray and pour over the **sauce**, turning chicken and vegetables to coat. Roast for a further 5 mins until chicken is cooked through. Reserve cooking juices.



3. Cook chicken

Heat 1 tbs **oil** in a large frypan and cook **chicken** on both sides for 3 mins or until light golden. Transfer to lined oven tray and place **carrot batons** around the chicken. Add **4 of the lemon wedges** and roast for 12 mins.



6. Get ready to serve

Remove **ginger slices** from **rice** and fluff up rice with a fork. Divide rice between plates and top with **chicken, vegetables** and **reserved cooking juices**. Scatter over **coriander**, if desired. Serve with remaining **lemon wedges**.