





## Tamarind Chicken Parcels

with Shredded Coconut and Chinese Broccoli

 20-30min  2 Portions

Bring this irresistible - and healthy - Asian meal to your weeknight lineup. Here, sweet and sour tamarind puree, shredded coconut, coriander and a little chilli is blended to a paste, then rubbed over lean chicken breasts before wrapping in foil and baking in the oven. Known as 'en papillote', this lean cooking method retains all the flavour and moisture in the package, so all you have to do i...



## What we send

- shredded coconut <sup>17</sup>
- tamarind puree
- ginger
- coriander, long red chilli, garlic
- Chinese broccoli
- free-range chicken breast fillet
- jasmine rice
- carrot

## What you'll require

- boiling water
- sea salt and pepper
- soy sauce <sup>6</sup>
- sugar
- vinegar

## Utensils

- foil
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

### Cooking tip

Remove the seeds if less heat is preferred.

### Allergens

Soy (6), Sulphites (17). May contain traces of other allergens.

### Nutrition per serving

Energy 605kcal, Fat 10.1g, Carbs 75.1g, Proteins 47.5g



### 1. Prepare spice paste

Preheat oven to 180C. Peel the **ginger**. Pick the **coriander sprigs** and reserve. Coarsely chop ginger, **coriander stems**, **garlic** and **chilli**. Using a stick blender or small food processor, blend garlic, ginger, chilli, coriander stems, **coconut**, **tamarind puree**, **2 tsp sugar**, **1 tsp white vinegar** and **1 tbs soy sauce to a paste**.



### 4. Prepare parcels

Fold over the foil to enclose the filling, sealing completely. Put on an oven tray and set aside.



### 2. Prepare vegetables

Peel the **carrot** and cut into ribbons using a vegetable peeler. Trim the **Chinese broccoli** into 5cm lengths. Cut 2 x 35cm squares of foil and divide the carrot and broccoli evenly among the squares.



### 5. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) 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 and stand, covered, for at least 5 mins.



### 3. Marinate chicken



Put the **chicken** on a board, put your hand on top and carefully cut horizontally through the middle to make 2 thin fillets. Score each fillet 3 times with a sharp knife, put on top of each vegetable pile and season with **salt and pepper**. Spoon the **spice paste** over the chicken, rubbing well into the score marks.



### 6. Get ready to serve

Meanwhile, bake the **chicken parcels** in the oven for 15 mins or until the chicken is cooked through. Remove from the oven and rest for 5 mins. Divide the **rice** among plates and serve with the **chicken**, **vegetables**, **coriander sprigs** and any juices from the parcels.

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