



Recipe Category / Chicken and Turkey

Coconut lime chicken

10'
Hands on

15'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 2 tablespoons olive oil
- 2 chicken breast fillets
- salt
- pepper
- 2 onions
- 1 red chili pepper
- 250 g water
- 1 chicken bouillon cube
- grated zest and juice from 2 limes
- ½ teaspoon chili flakes
- 400 g coconut milk
- coriander, finely chopped

To serve

- [brown rice and vegetables](#)

Method

- Place a [wide pot](#) over medium heat and add the olive oil.
- Add the chicken fillets, season with salt and pepper and cook for 5-7 minutes on each side, until golden.
- Remove from pot and set aside in a [dish](#). The chicken will not have cooked all the way through but will finish cooking further along.
- Finely [chop](#) the onions and add them to the same pot. Sauté for 3-4 minutes, until it softens.
- Add the chili pepper and sauté for 2 minutes.
- Add the water, bouillon cube, lime juice and chili flakes.
- Bring to a boil and cook for 5 minutes, until the water reduces to half.
- Add the coconut milk and chicken fillets. Cover with lid and simmer for 15-20 minutes, until the chicken has cooked through and the sauce thickens.
- When ready, remove from heat and add the lime zest and coriander.
- Serve with [brown rice and vegetables](#).

Διατροφικός πίνακας

Nutrition information per portion

336 Calories (kcal)	25.0 Total Fat (g)	17.0 Saturated Fat (g)	8.9 Total Carbs (g)
17%	36%	85%	3%
6.0 Sugars (g)	18.0 Protein (g)	2.3 Fibre (g)	1.6 Sodium (g)
7%	36%	9%	27%