

Coconut Skillet Chicken with Cilantro & Lime Flavour Rice RECIPE

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<?xml version="1.0"?>

TIME

20 min

INGREDIENTS

8 items

MAKES

4 servings

The perfect blend of flavours does exist – and it's in this super-easy, super-fast skillet meal.

Stir fry tender chicken, combine with fresh veggies and then simmer in light coconut milk.

Serve with BEN'S ORIGINAL™ Basmati Cilantro & Lime Flavour rice.

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INGREDIENTS

- 2 pouches (each 240 g) BEN'S ORIGINAL™ BISTRO EXPRESS™ Basmati Cilantro & Lime Flavour Rice
- 2 tsp (10 mL) Vegetable oil
- 1 lb (500 g) Chicken breasts, cut into 1"/2.5 cm piece
- 1 tsp (5 mL) Minced garlic
- 1 tsp (5 mL) Minced ginger
- 1 1/2 cup (375 mL) Sliced red peppers
- 1/2 cup (125 mL) Diced onions
- 2/3 cup (170 mL) Light coconut milk

INSTRUCTIONS

1. 1

Heat oil in a large non-stick skillet over medium-high heat. Add chicken, seasoned with salt and pepper if desired, and stir fry for 5 minutes.

2. 2

Add garlic, ginger and vegetables. Stir until well combined and continue stir frying for 3 minutes.

3. 3

Add coconut milk, stir until well combined. Cover, reduce heat and simmer for 5 minutes until chicken is cooked.

4. 4

Heat BEN'S ORIGINAL™ BISTRO EXPRESS™ Cilantro & Lime Flavour Rice according to package directions. For each serving: 1/2 pouch of heated BEN'S ORIGINAL™ BISTRO EXPRESS™ Cilantro & Lime Flavour Rice, 1 cup (250 mL) Coconut Chicken. Enjoy!

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories : 425
- Carbohydrates (g) : 46 g
- Dietary Fiber (g) : 3 g
- Protein (g) : 32 g

- Total Fat (g) : 10 g
- Sodium (mg) : 314 mg

CATEGORIES:

[Chicken](#), [less than 20](#), [Ready to Heat Rice](#)

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[**Creamy Coconut Butter Chicken with Basmati Rice**](#)

Cooking time

20 min

Ingredients

10 items

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[**Butter Chicken with Basmati Coconut Rice**](#)

Cooking time

20 min

Ingredients

6 items

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[**General Tso's Chicken & Rice**](#)

Cooking time

30 min

Ingredients

11 items

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