Ben's Original™/MC

Coconut Skillet Chicken with Cilantro & Lime Flavour Rice



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. 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. Add garlic, ginger and vegetables. Stir until well combined and continue stir frying for 3 minutes.
3. Add coconut milk, stir until well combined. Cover, reduce heat and simmer for 5 minutes until chicken is cooked.
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

MORE RECIPES LIKE THIS



Creamy Coconut Butter Chicken with Basmati Rice

Cooking time

20 min

Ingredients

10 items



Butter Chicken with Basmati Coconut Rice

Cooking time

20 min

Ingredients

6 items



General Tso's Chicken & Rice

Cooking time

30 min

Ingredients

11 items

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