

Stir Fry Lime and Coconut Chicken Served with Rice

Ingredients

2 free-range chicken breasts, cut into 1cm dice	1tbls light soy sauce
1 lime, zest and juice	4 spring onions, finely sliced
1 tbsp olive oil	300g brown rice
150ml low fat coconut milk	4 tbsp roughly chopped fresh coriander leaves
1 tbsp Thai fish sauce (nam pla)	

Method

1. Place the chicken breast pieces, lime zest, soy and juice into a large bowl and toss through to coat thoroughly and marinade for 10 minutes.
2. Heat the olive oil in a large deep frying pan or wok over a high heat. Add the chicken pieces and stir-fry for 4-5 minutes, until golden-brown all over.
3. Add coconut milk, fish sauce, two tablespoons of the coriander and half of the spring onions and stir-fry for a further 2-3 minutes on a lower heat, until the chicken is cooked through.
4. Meanwhile, boil the rice in a large saucepan until the grains are tender, then drain.
5. To serve, share the rice out evenly into ramekins and turn out onto serving plates. Spoon over portions of the lime and coconut chicken. Sprinkle with remaining coriander and the remaining spring onions and serve.
6. Enjoy!