



More than Food

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## Lemongrass Chicken Skewers

with Coconut Rice and Cucumber-Carrot Slaw

Flavored with coriander, cilantro, and sriracha, these chicken skewers are fragrant, mildly spicy, and all-around delicious. Using lemongrass stalks as skewers infuses the meat with a delicate, lemony aroma.



40 min



level 2



nut free



dairy free



Ground Chicken



Red Onion



Cilantro



Carrot



Cucumber



Lime



Lemongrass Stalks



Sriracha



Lite Coconut Milk



Ground Coriander



Jasmine Rice



Panko

## Ingredients

	2 People	4 People
Ground Chicken	10 oz	20 oz
Red Onion	1	2
Cilantro	1 bunch	2 bunches
Carrot	1	2
Cucumber	1	2
Lime	1	2
Lemongrass Stalks	2	4
Sriracha	2)	4 T
Lite Coconut Milk	1 can	2 cans
Ground Coriander	1 t	2 t
Jasmine Rice	¾ C	1½ C
Panko	¼ C	½ C
Olive Oil*	1½ T	3 T

\*Not Included

## Allergens

- 1) Wheat
- 2) Fish

## Tools

Medium Pot, Large Pan, Baking Sheet, Peeler, 2 Medium Bowls

**Nutrition per person** | Calories: 678 cal | Carbs: 60 g | Fat: 33 g | Protein: 34 g | Fiber: 5 g | Sodium: 846 mg



**3** Make the **coconut rice**: preheat oven to 400 degrees. Shake the **coconut milk** can to combine the milk and cream. In a medium pot, bring **¾ cup coconut milk**, **¾ cup water**, a large pinch of **salt**, and the **rice** to a boil. Reduce to a simmer, cover, and cook for 15-20 minutes, until tender. Season with **salt** and **pepper**.

**2** Meanwhile, halve, peel, and dice the **red onion**. Chop the **cilantro leaves** and **stems**, keeping each separate. Halve the **lime**.



**3** Using a vegetable peeler, peel the **carrot** and **cucumber**, then shave into thin ribbons, rotating as you go. Discard the cucumber core.

**4** Remove the tough outer layers from the **lemongrass stalks**. Using the back of your knife, lightly bruise the lemongrass to release its flavor. Halve both stalks lengthwise, creating four 8-inch segments.



**5** Heat **1 Tablespoon olive oil** in a large pan over medium heat. Add **¾ of the diced red onion** and cook, tossing, for 5 minutes, until softened. Add the **cilantro stems** and **ground coriander** to the pan and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.

**6** Form the **chicken skewers**: in a medium bowl, combine the **onion mixture**, **ground chicken**, **panko**, **1 Tablespoon sriracha**, and a large pinch of **salt** and **pepper**. Form the chicken mixture into large meatballs then shape each meatball around the **lemongrass stalks** to form kebabs. Place on a lightly oiled baking sheet and bake for 10-12 minutes, until cooked through.



**7** Make the **cucumber-carrot slaw**: meanwhile, in a medium bowl, toss the remaining **red onion** with the **cucumber**, **carrot**, **half the cilantro leaves**, **½ Tablespoon olive oil**, and a squeeze of **lime**. Season with **salt** and **pepper**.

**8** Serve **chicken skewers** on a bed of **coconut rice**, with the **cucumber-carrot slaw** to the side. Finish with the remaining **cilantro** and **sriracha**, as desired!

Ruler

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