

Curry Coconut Lime Chicken

Total Cook Time: 1 hour
Contains raw meat, cook thoroughly
Cook from Frozen
Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 2 TBSP (4 TBSP)* cornstarch
- Cooked rice
- Optional toppings and garnishes: fresh lime juice, fresh cut pineapple

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/4 cup (1/4 cup)* of hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When pressure cooking is complete, use a natural release.
4. Move meat to a cutting board and break into bite sized pieces. Cover and set aside.
5. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)* water and 2 TBSP (4 TBSP)* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
6. Add the chicken into the thickened sauce and toss until coated.
7. Serve chicken on top of a bed of rice with an extra drizzle of sauce and desired toppings.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 4-7.

Leftover Suggestions:

- Lettuce Wraps with chicken, cooked rice, and pineapple

Notes:

- Serve chicken with rice to soak up all the delicious flavors of the sauce. Go heavy with the lime juice, to add a tangy zip to the entire dish.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 5g	6%	Total Carbohydrate 5g	2%
4 servings per container Serving size 1/2 cup (217g)	Saturated Fat 3g	15%	Dietary Fiber <1g	3%
	Trans Fat 0g		Total Sugars 3g	
Calories per serving 190	Cholesterol 95mg	32%	Includes 3g Added Sugars	6%
	Sodium 1050mg	46%	Protein 30g	
Vitamin D 0mcg 0% • Calcium 10mg 2% • Iron 1.1mg 6% • Potassium 60mg 2% Vitamin A 10mcg 0% • Vitamin C 1mg 2%				

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: CHICKEN, COCONUT MILK (COCONUT MILK, WATER), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), LIME JUICE, SUGAR, SPICE, JALAPENO PEPPERS (WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT), CURRY POWDER, SALT

CONTAINS: WHEAT, SOY