



#### In your box

- 6 tsp. Mirepoix Base
- 12 oz. Coin Cut Carrots
- 1 oz. Cilantro
- 2 Limes
- 2 tsp. Garlic Salt
- 11.2 fl. oz. Coconut Milk
- 17 oz. Cooked Jasmine Rice
- 1 oz. Flour
- 10 oz. Sliced Bok Choy
- 13 oz. Boneless Skinless Chicken Breasts

\*Contains: wheat, tree nuts (coconuts)

#### You will need

- Olive Oil, Salt, Pepper
- Slow Cooker, Microwave-Safe Bowl

HOME CHEF  
**Fresh**  
AND EASY

Slow-Cooker

## Thai Coconut Chicken and Carrots

with jasmine rice and limes

NUTRITION per serving—Calories: 411, Carbohydrates: 46g, Fat: 17g, Protein: 17g, Sodium: 1220mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Cook Time  
HIGH HEAT  
4 Hrs

Cook Within  
5 days

Difficulty Level  
Easy

Spice Level  
Not Spicy

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Please read and follow all instructions in your slow cooker manual. Cook with a lid for the entire recommended cooking time; make sure to check that meal is fully cooked before eating. Use oven mitts or a towel when handling lid or pot.
- These recipes were developed with a 6-quart slow cooker. If you are using a larger slow cooker, add water as needed.



1

### Prepare the Ingredients

- Mince **cilantro** (no need to stem).
- Halve **limes**. Juice two halves and cut remaining halves into wedges.
- Pat **chicken** dry.



2

### Start the Meal

- Place **slow cooker liner** in slow cooker, if desired. Fold top edges in before putting on lid.
- Combine **mirepoix base**, ½ cup **water**, **coconut milk**, and **flour** in a clean slow cooker.
- Add **carrots** and **garlic salt**. Top with **chicken** and season chicken with ½ tsp. **salt** and a pinch of **pepper**. Drizzle with 1 Tbsp. **olive oil**.
- Turn slow cooker on to high heat. Cover, and cook until chicken reaches a minimum internal temperature of 165 degrees, 4 hours.



3

### Add Bok Choy and Heat Rice

- After 3½ hours, stir **bok choy** into slow cooker.
- Remove **rice** from packaging. Place rice in a microwave-safe bowl with 3 Tbsp. **water**. Do not break up rice until warm. Cover with a damp paper towel. Microwave until warm, 2-3 minutes.
- Fluff rice, then cover.



4

### Finish the Dish

- After 4 hours, shred **chicken** in slow cooker. Stir in **lime juice** (to taste).
- Plate dish as pictured on front of card, placing chicken and **vegetables** on **rice** and garnishing with **cilantro**. Squeeze **lime wedges** over to taste. Bon appétit!