

# Lime & lemongrass chicken with bok choy



## Lime & lemongrass chicken with bok choy

**Preparation:** about 15 minutes  
+ marinating time  
**Cooking:** about 15 minutes  
**Serves:** 4

3 garlic cloves, finely chopped  
¼ cup lime juice  
1 stem lemongrass, bruised, trimmed and finely sliced  
600g chicken thigh fillets, thickly sliced  
2½ tbs peanut oil  
2 red onions, cut into thin wedges  
2 bunches baby bok choy  
¼ cup Vietnamese dipping sauce or sweet chilli sauce  
½ cup coriander leaves  
Steamed jasmine rice, to serve

1. Combine garlic, lime juice and lemongrass in a shallow ceramic dish. Add chicken and toss to coat. Cover and refrigerate for 1–2 hours to marinate.
2. Heat 1 tbs oil in a wok over high heat. Using a slotted spoon, add half the chicken. Stir-fry for 2–3 minutes until golden and almost cooked through. Transfer to a plate. Repeat using 2 tsp oil and remaining chicken.
3. Add remaining 1 tbs oil and onions to wok. Stir fry over high heat for 1 minute. Add bok choy and dipping or sweet chilli sauce. Stir fry for 1 minute. Add chicken and stir-fry for 2 minutes. Toss through coriander and serve with steamed jasmine rice.



### Limes

- Like all citrus fruits, limes are a top source of vitamin C. This vitamin helps the body defend itself against infection.
- If the flesh of limes is consumed, it provides a good source of dietary fibre, which helps keep the intestine functioning well.