




### Product Spotlight: Basmati Rice


Basmati rice is small but long-grained, aromatic rice ('basmati' means fragrant). It is of Southeast Asian origin and has been cultivated for over 8000 years.



## Lemon Chicken with Mediterranean Rice

Mediterranean-style rice cooked in stock with tomatoes, zucchini and olives served with seared lemon chicken schnitzels and finished with crumbled feta cheese.

 25 minutes

 4 servings

 Chicken

21 July 2023

## Boost the flavour!

*If you're a fan of bold flavours, you can add some crushed garlic, ground turmeric or paprika to the rice. Finish with fresh chopped parsley if you have some.*

Per serve: **PROTEIN** 44g **TOTAL FAT** 18g **CARBOHYDRATES** 47g

## FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
TINNED CHERRY TOMATOES	400g
BASMATI RICE	300g
CHICKEN SCHNITZELS	600g
LEMON	1
GREEN OLIVES	1 jar
FETA CHEESE	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, 1 stock cube (of choice)

## KEY UTENSILS

large frypan, frypan

## NOTES

You can grate the zucchini to hide the vegetables if preferred.

You can also crumble the feta cheese and stir it through the rice to melt.



### 1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Dice onion and zucchini, add to pan as you go (see notes). Add **2 tsp oregano** and cook for 5 minutes.



### 2. COOK THE RICE

Stir in **1 crumbled stock cube**, tinned cherry tomatoes and rice. Pour in **2 cups water**. Cover and simmer for 10 minutes until rice is tender and water absorbed. Take off heat and leave to sit for 5 minutes.



### 3. COOK THE CHICKEN

Coat chicken with zest and juice from 1/2 lemon (wedge remaining), **2 tsp oregano, oil, salt and pepper**. Heat a second frypan over medium-high heat with **oil**. Cook chicken for 4-5 minutes each side or until cooked through.



### 4. ADD THE OLIVES

Drain olives and toss through rice (see notes). Season with **salt and pepper** to taste.



### 5. FINISH AND SERVE

Slice chicken and serve alongside rice. Crumble feta cheese on top to taste. Serve with lemon wedges.



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