

for the
little onesBLANCHED
BEANSRice Pilaf with
SHREDDED CHICKEN

Chicken Rice Pilaf

A bright and zesty rice pilaf with tender paprika-oregano chicken, sweet green beans and baby spinach — finished with a squeeze of lemon.



30 Minutes



4 Servings



Chicken

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FROM YOUR BOX

LEMON	1
LEEK	1
BASMATI RICE	300g
CHICKEN STOCK PASTE	1 small jar
DICED CHICKEN BREAST	600g
GREEN BEANS	125g
BABY SPINACH	60g

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried oregano, sweet/smoked paprika

COOKING TOOLS

large frypan x 2

Take care when zesting to only use the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter. You could add chicken and veggies (of choice) at step 1 to cook with the rice from start.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. Saute the Leek

Zest **lemon** to yield about 1 tsp and thinly slice **leek**. Heat **2 tbsp oil/butter** in a large pan over medium heat. Cook leek for 3–4 minutes until softened, add lemon zest.

tip Use the white and light green part of the leek only. Rinse before cooking.



4. PREPARE the GREENS

Meanwhile, trim and chop **green beans** and **baby spinach**.

tip If the kids prefer no greens, remove their serves of rice before you add the greens, or serve the veggies on the side instead!



2. COOK the Pilaf Rice

Rinse the **rice**. Stir into pan and add **2/3 jar chicken stock paste** and **600ml water**. Bring to a boil, cover with a lid, reduce heat to medium-low and cook for 10–15 minutes or until water is absorbed (see step 5).

tip Adding all the stock into the rice will make it a little salty!



5. ADD the Veggies

When the rice is nearly ready, stir in green beans and spinach. Re-cover for 5 minutes. Adjust seasoning with **salt and pepper** if needed.

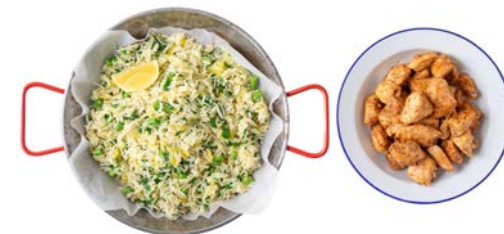
tip For extra creaminess, you could add some grated cheese or a spoon of yoghurt into the rice.



3. SEASON & COOK the chicken

Meanwhile, toss **diced chicken** with **1 tsp paprika**, **1 tsp dried oregano**, **salt** and **oil**. Heat a frypan over medium-high heat and cook chicken for 8–10 minutes until golden and cooked through. Set aside.

tip Use any dried or fresh herbs or spices of choice for the chicken!



6. FINISH AND SERVE

Cut **lemon** into wedges.

Fluff the rice and serve at the table with chicken and lemon wedges.

tip If you like extra zing, you could add some chilli flakes or hot sauce for serving!