

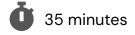




Garlic Parmesan Rice

with Chicken

This one-pan garlic parmesan rice with chicken is a perfect dish for easy weeknight dinners. The rice is cooked with garlic, butter and stock then finished off with parmesan, chicken and fresh parsley.







You can cook it all in the oven instead if you prefer! Add rice, aromatics (step 2) and chicken to an oven dish and cook on 200°C for about 20 minutes or until chicken is cooked through. Top with parmesan and parsley.

PROTEIN TOTAL FAT CARBOHYDRATES 76g

FROM YOUR BOX

CHICKEN TENDERLOINS	300g
GARLIC CLOVE	1
BASMATI RICE	150g
PEAR	1
ROCKET & SPINACH MIX	60g
WALNUTS	40g
PARMESAN CHEESE	1 bag
PARSLEY	1 packet

FROM YOUR PANTRY

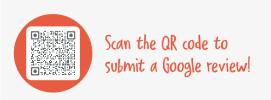
olive oil, salt, pepper, 25g butter, dried oregano, red wine vinegar, 1 chicken stock cube

KEY UTENSILS

frypan with lid

NOTES

Switch the oregano for any fresh herbs of choice, BBQ spice mix or dried tarragon if you like.





1. COOK THE CHICKEN

Heat **olive oil** in a pan over medium-high heat. Add **chicken** and cook for 4-5 minutes on each side to until golden and just cooked through. Season with **salt**, **pepper** and **1 tsp oregano** (see notes). Remove from pan, keep pan over heat.



2. ADD THE AROMATICS

Add 25g butter and crushed garlic to the pan along with 1/2 chicken stock cube and 1 1/2 cups water. Combine well then reserve 1/4 cup stock for step 6.



3. COOK THE RICE

Add **rice** and bring to a simmer. Cook, covered, for 15 minutes or until rice is tender. Stir occasionally (see step 5).



4. TOSS THE SALAD

Whisk together 1 tbsp olive oil, 1/2 tbsp red wine vinegar, salt and pepper in a large bowl. Slice pear and toss in the bowl with rocket and spinach leaves, chopped walnuts and 1/4 bag parmesan cheese to dress.



5. RETURN THE CHICKEN

Stir in **2 tsp red wine vinegar** to rice and adjust seasoning with **salt and pepper**.

Sprinkle parmesan over rice (use to taste) then arrange chicken tenderloins on top. Cover, take off heat and allow to sit for 5 minutes.



6. FINISH AND SERVE

Drizzle reserved 1/4 cup stock over chicken just before serving. Garnish with chopped **parsley** and serve at the table with rocket and pear salad.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



