



Product Spotlight: Walnuts

Walnuts are a good source of Omega-3s, which support brain and heart health, and since ancient times they have been recognised as a symbol of intellectuality!



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.

 35 minutes

 2 servings

 Chicken

Oven Bake

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.

Per serve: **PROTEIN** 45g **TOTAL FAT** 42g **CARBOHYDRATES** 48g

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, 1/2 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 **chicken** from pan, keep 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**.



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