

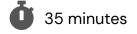




Garlic Parmesan Rice

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.







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.

PROTEIN TOTAL FAT CARBOHYDRATES

81g

FROM YOUR BOX

CHICKEN TENDERLOINS	600g
GARLIC CLOVES	2
BASMATI RICE	300g
PEAR	1
ROCKET & SPINACH MIX	60g
WALNUTS	40g
PARMESAN CHEESE	1 bag (125g)
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, 50g butter, dried oregano, red wine vinegar, chicken stock cube

KEY UTENSILS

large frypan with lid

NOTES

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





1. COOK THE CHICKEN

Heat olive oil in a large pan over mediumhigh heat. Add chicken and cook for 4-5 minutes on each side to until golden and just cooked through. Season with salt, pepper and 2 tsp oregano (see notes). Remove from pan, keep pan over heat.



2. ADD THE AROMATICS

Add **50g butter** and crushed garlic to the pan along with **1 chicken stock cube** and **3 cups water**. Combine well then reserve 1/2 cup stock for step 6.



3. COOK THE RICE

Add rice and bring to a simmer. Cook, covered, for 15-20 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 1/2 bag parmesan cheese to dress.



5. RETURN THE CHICKEN

Stir in 1 tbsp red wine vinegar to rice and adjust seasoning with salt and pepper.

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



6. FINISH AND SERVE

Drizzle reserved 1/2 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



