

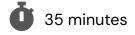




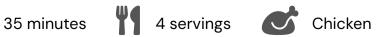
# Garlic Parmesan Rice

# 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 67g

71g

## FROM YOUR BOX

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



