




### 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

 4 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** 67g **TOTAL FAT** 22g **CARBOHYDRATES** 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, bbq spice mix or dried tarragon if you like .



### 1. COOK THE CHICKEN

Heat **olive oil** in a large 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 **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.



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