



Brown Rice Chicken Pilaf

Spiced brown rice with tender broccoli florets and ginger for warmth, topped with seared diced chicken breast.



30 minutes



2 servings



Chicken

FROM YOUR BOX

BROWN RICE	150g
BROCCOLI	1
DICED CHICKEN BREAST	300g
BROWN ONION	1
CARROT	1
GINGER	1 piece

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin

NOTES

Add frozen peas or baby spinach to bulk out the dish using pantry/freezer staples.

For a Moroccan inspired dish, add some sultanas or currants to the rice as it cooks for plump and juicy pops of sweetness.

1. COOK THE RICE

Place **rice** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 20–25 minutes, or until tender. Cut **broccoli** (use to taste) into florets and add to saucepan for the final 5 minutes. Drain and rinse.

2. COOK THE CHICKEN

Coat **diced chicken breast** with **oil, salt, pepper** and your choice of spice (see tip). Heat a frypan over medium-high heat and cook chicken for 6–8 minutes or until golden and cooked through. Remove and set aside.

TIP *We used 2 tsp ground coriander. You can also use a pre-made Moroccan or curry spice mix.*

3. COOK THE AROMATICS

Dice **onion**, grate **carrot**, and peel and grate **ginger**. Heat a large frypan over medium heat with **oil**. Add onion and ginger, cook for 2 minutes until softened. Add carrot and **3 tsp cumin** (see tip), cooking for 2 minutes. Stir in cooked rice and broccoli, tossing to combine. Season with **salt and pepper**.

TIP *Add a pinch of cinnamon, curry powder, ground turmeric or cardamom for extra warmth. Stir through 1 tbsp butter at the end for extra richness.*

4. FINISH AND SERVE

Divide rice mixture among bowls and top with cooked chicken.

TIP *Garnish with fresh herbs if you have them—coriander or parsley work well. A spoonful of yoghurt or a squeeze of lemon juice adds a bright, tangy finish.*

This recipe has simplified instructions to help lower your meal cost.