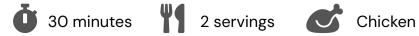






Brown Rice Chicken Pilaf

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







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.



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**.



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.



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.