



# **Product Spotlight: Black Rice**

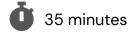
Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice.



# 2 Spiced Chicken

with Black Rice & Bocconcini

Grilled allspice chicken, sliced and served on a bed of black rice with charred broccolini, sweet red grapes, creamy bocconcini and a lemon, chilli dressing.







# Spice it up!

If you want a fresher tasting dish, switch out the spices for dried herbs or fresh woody herbs such as thyme and rosemary.

PROTEIN TOTAL FAT CARBOHYDRATES

60g

#### FROM YOUR BOX

BLACK RICE	150g
CHICKEN BREAST FILLETS	300g
BROCCOLINI	1 bunch
LEMON	1
RED CHILLI	1
GRAPES	100g
BOCCONCINI	1/2 tub *

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground allspice, garlic (1/2 clove), ground cumin

#### **KEY UTENSILS**

large frypan, saucepan, griddle pan

#### **NOTES**

For quicker cooking time you can cut the chicken into schnitzels.

You could also cook the chicken and vegetables on the BBQ instead of in two pans.



#### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes or until tender. Drain and rinse with cold water.



### 2. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat chicken with 1 tsp ground allspice, oil, salt and pepper (see notes). Cook for 10 minutes each side or until cooked through.



#### 3. CHAR THE BROCCOLINI

Meanwhile, heat a griddle pan over high heat. Trim and slice broccolini into thirds. Coat with 1 tsp ground cumin, oil, salt and pepper. Cook on griddle for 6-8 minutes, turning, until charred and tender. Set aside.



# 4. PREPARE THE DRESSING

Whisk together 2 tsp lemon zest, lemon juice, 1/2 crushed garlic clove and 1/4 cup olive oil. Season with salt and pepper.



# 5. TOSS THE SALAD

Deseed and slice the chilli. Halve the grapes and tear bocconcini. Toss together with cooked rice, broccolini and 1/2 the dressing.



## 6. FINISH AND PLATE

Slice cooked chicken and divide among plates with rice salad. Spoon over remaining dressing to taste.

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



