



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 broccoli, sweet red grapes, creamy bocconcini and a lemon, chilli dressing.

 35 minutes

 4 servings

 Chicken

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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.

Per serve: **PROTEIN** 54g **TOTAL FAT** 33g **CARBOHYDRATES** 73g

FROM YOUR BOX

BLACK RICE	300g
CHICKEN BREAST FILLETS	600g
BROCCOLI	1
LEMON	1
RED CHILLI	1
GRAPES	200g
BOCCONCINI	1/2 tub *

**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 **2 tsp ground allspice, oil, salt and pepper** (see notes). Cook for 10 minutes each side or until cooked through.



3. CHAR THE BROCCOLI

Meanwhile, heat a griddle pan over high heat. Cut the broccoli into small florets. Coat with **2 tsp ground cumin, oil, salt and pepper**. Cook on griddle for 5–8 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, broccoli and dressing.



6. FINISH AND PLATE

Slice cooked chicken and divide among plates with rice 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

