



## Thyme Grilled Chicken

with Brown Rice and Tomato Salsa



40-50min



2 Portions

If healthy eating is part of your New Year's resolution, then we have dinner sorted for you! We've used brown rice which is high in fibre and low-GI meaning it will make you feel fuller for longer. We use super-lean chicken breast fillets which are packed with protein and low in fat and serve it with a refreshing dollop of Greek-style yoghurt which is great for the digestive system.



## What we send

- paprika
- Greek-style yoghurt <sup>7</sup>
- thyme, parsley 1 shallot
- green peas
- tomato
- lime
- free-range chicken breast fillet
- vegetable stock concentrate
- brown rice
- carrot

## What you'll require

- extra virgin olive oil
- salt and pepper

## Utensils

- chargrill or frypan
- large frypan
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 565.0kcal, Fat 13.6g, Proteins 47.9g, Carbs 54.7g



### 1. Prepare ingredients

Finely chop the **shallot**. Dice the **carrot**. Heat 1 tbs **oil** in a large frypan over medium heat. Cook carrot and three quarters of the shallot (reserve remaining for salsa) for 5 mins or until beginning to soften.



### 4. Prepare salsa

Juice the **lime**. Dice the **tomato**. Pick the **parsley** leaves (discard stems) and finely chop. Combine the tomato, parsley, 1 tbs **lime juice**, 1 tsp **oil** and remaining **shallot** in a bowl.



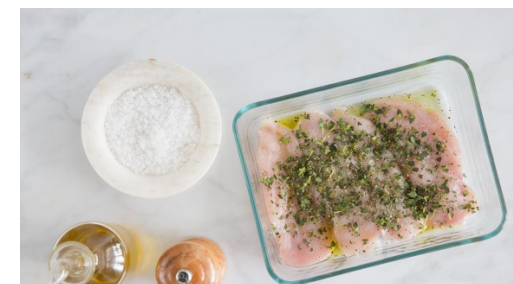
### 2. Add rice

Stir in 1 tsp **paprika** (reserve remaining for another use) and **rice** for 1 min or until rice is coated. Add 310ml (1¼ cups) **water** and **vegetable stock concentrate**. Bring to the boil then cook, covered, on low heat for 30 mins or until rice is tender.



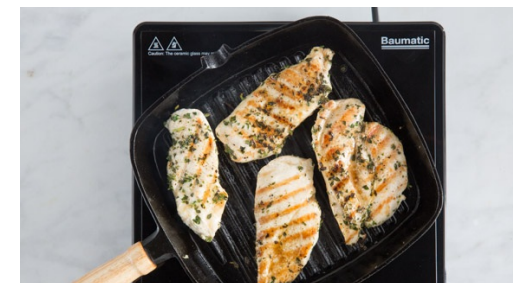
### 5. Add peas

Remove lid from the **rice** and stir in the **peas**. Replace lid and set aside for 5 mins. Season the rice with a little **salt and pepper**.



### 3. Prepare chicken

Meanwhile, slice each **chicken breast** in half horizontally. Chop the **thyme** leaves, combine with 2 tsp **oil** and rub over the chicken. Season with a little **salt and pepper**.



### 6. Chargrill chicken

Meanwhile, heat a chargrill pan until hot and cook the **chicken fillets** for 2-3 mins each side until charred and cooked through. Drizzle over the remaining **lime juice** and transfer to plates. Top the chicken with a dollop of **yoghurt** and **tomato salsa**, and serve with the **rice**.