



Garden Herb Baked Chicken

and Fragrant Jasmine Rice



30-40min



2 Portions

The boys from Bondi Harvest are back with another delicious recipe! Using only the freshest of ingredients, this homely meal will have your tummy feeling very satisfied long after eating.

What we send

- pistachios ¹⁵
- mint
- jasmine rice
- vegetable stock concentrate
- lemon
- free-range chicken thigh cutlet, skin on
- rosemary
- thyme
- garlic
- baby fennel
- onion

What you'll require

- butter ⁷
- olive oil
- salt and pepper

Utensils

- baking paper
- grater
- Oven-proof frypan
- oven tray

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

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 795.0kcal, Fat 35.7g, Proteins 46.1g, Carbs 68.3g



1. Prepare ingredients

Preheat oven to 190C. Finely chop the **onion, fennel** and **garlic**. Zest and juice the **lemon**.



2. Brown chicken

Heat 1 tbs **oil** in a large ovenproof frypan over medium heat. Season **chicken** with **salt and pepper**. Cook, starting skin-side down, for 5 mins, turning so it is well coloured all over. Set aside.



3. Cook vegetables

Add 30g **butter** along with the **onion, fennel** and **garlic** to the pan. Cook, stirring, for 5 mins or until tender.



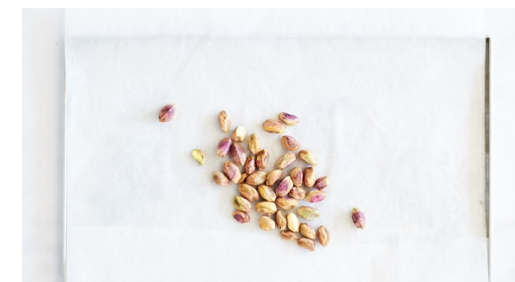
4. Add rice

Add 1 cup of **rice** to the pan and stir to combine.



5. Add liquid

Stir in the **vegetable stock concentrate**, 750ml (3 cups) water, **thyme, rosemary**, 2 tsp **lemon zest** and 2 tbs **juice**. Arrange the **chicken**, skin-side up, on top. Season with **salt and pepper**. Bake, uncovered, in oven for 30 mins or until chicken is cooked and rice is tender.



6. Toast pistachios

Meanwhile, place the **pistachios** on a lined oven tray and roast for 2-3 mins until lightly toasted. Set aside and coarsely chop when cool enough to handle. Pick the **mint** leaves (discard stems). Garnish the chicken with mint and toasted pistachios.