



Brown Rice and Quinoa Congee

with Poached Chicken



30-40min



2 Portions

Clean eating meets comfort food in this adaptation of the popular Asian savoury rice porridge. Instead of white rice, we've used pre-cooked brown rice and quinoa, which not only speeds up the cooking time, but dramatically increases the levels of protein, fibre and iron in this dish, making it a fantastically nutritious option.

What we send

- 1 garlic clove, ginger, 1 spring onion and coriander
- sesame oil ¹¹
- chicken stock powder
- peanuts ⁵
- free-range chicken tenderloins
- brown basmati and quinoa sachet

What you'll require

- soy sauce ⁶
- water

Utensils

- large saucepan
- paper towel

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

Cooking tip

Do not season congee with salt or black pepper. Instead, season to taste with soy sauce and white pepper if desired.

Allergens

Peanuts (5), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 560.0kcal, Fat 22.2g, Proteins 43.2g, Carbs 44.3g



1. Prepare ingredients

Finely chop the **garlic**. Peel **ginger** and finely grate. Thinly slice **spring onion**, keeping the white and dark green parts separate. Clean **coriander** roots, removing the outer layer with paper towel, then finely chop with the stems. Pick **coriander leaves** and set aside.



4. Poach chicken

Add the **chicken** and cook for 2-3 minutes until just cooked through. Remove **chicken** with tongs and set aside to rest for 5 minutes. Increase heat to medium-high and cook rice mixture, uncovered, for a further 5 mins or until thickened.



2. Prepare stock

Combine the **chicken stock powder** and the **boiling water** (see staples list) in a large saucepan.



5. Prepare toppings

Meanwhile, coarsely chop the **peanuts** and shred the **chicken**.



3. Cook congee

Add the **rice and quinoa**, the **white part of the spring onion, coriander roots and stems, garlic and ginger**. Bring to the boil over high heat, then reduce heat to medium. Cover with a lid and cook, stirring occasionally, for 10 mins.



6. Get ready to serve

Using a stick blender, pulse the rice mixture a couple of times to break up some of the grains. Do not over-process. Stir to combine, then divide among bowls. Top with the **chicken**, the **green part of the spring onion, coriander leaves and peanuts**. Drizzle over the **soy sauce** and **sesame oil** to taste.