
Marinated Chicken Breast

with Brown Rice and Vegetables



30-40min



4 Portions

We love this chicken dish because it has big flavour and maximum goodness. The low-fat chicken is perfect with the zesty marinade, and the combination of dark green and orange veggies delivers a healthy boost of vitamins, minerals and fibre.

What we send

- carrot
- green beans
- garlic clove, parsley
- broccolini
- lemon
- brown rice
- free-range chicken breast fillet

What you'll require

- balsamic vinegar ¹⁷
- olive oil
- salt
- wholegrain mustard ¹⁷

Utensils

- medium saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Chargrill pans are ideal for healthy cooking as they require very little (if any) added oil. They are great for cooking meat and fish and for chargrilling vegetables.

Allergens

Sulphites (17). May contain traces of other allergens.

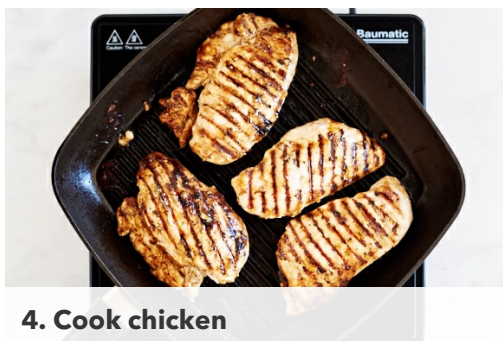
Nutrition per serving

Energy 520kcal, Fat 8.1g, Carbs 52.5g, Proteins 52.0g



1. Cook rice

Rinse the **rice** well. Place in a medium saucepan with 500ml (2 cups) water. Cover and bring to a simmer over medium heat. Reduce heat to low and cook for 20 mins or until tender and water has absorbed. Turn off the heat and stand, covered for 5 mins.



4. Cook chicken

Heat a chargrill pan (see cooking tip) over medium heat and cook the **chicken** on one side for 5 mins. Turn and cook for a further 5-6 mins or until cooked through. Set aside, loosely covered for 5 mins to rest.



2. Marinate chicken

Meanwhile, juice half the **lemon** and cut the remaining half into wedges. Finely chop the **garlic**. In a large shallow dish, combine the **lemon juice, garlic, 2 tsp wholegrain mustard, 1 tbs balsamic vinegar** and 1 tbs **oil**. Set aside 1 tbs **marinade** for the veggies. Add **chicken** to the marinade and turn to coat.



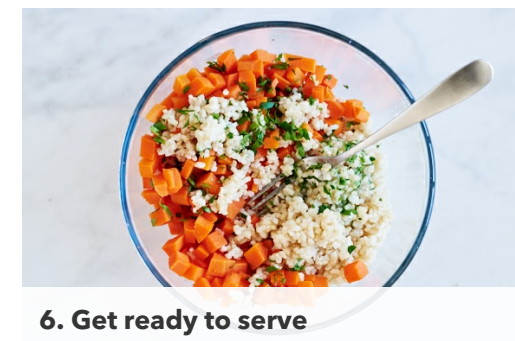
5. Cook vegetables

Cook the **carrots** in the pan of boiling water for 4-5 mins until tender. Drain. Refill saucepan with boiling water and cook the **broccolini** stems and beans for 3 mins. Add the broccolini florets and cook for a further 1 min. Drain. Toss with the **reserved marinade**.



3. Prepare vegetables

Cut the **carrots** into 1cm cubes. Trim ends of **broccolini** and separate the florets from the stems. Trim the **beans** and cut in half. Pick the **parsley** leaves (discard stems) and finely chop. Bring a medium saucepan of salted water to the boil for the carrots. Bring a kettle to the boil for the green vegetables.



6. Get ready to serve

Stir the **carrots** and **parsley** through the **rice**. Season with **salt**, if desired. Slice the **chicken** and serve with the rice, **veggies** and **lemon wedges**.