

DINNERLY



 ONE PAN

Green Chicken Rice with Yoghurt Sauce



20-30 minutes



2 Servings

Let's hear it for one pot dinners - think minimal fuss, fewer dishes and way less faffing around. Which isn't to say flavours suffer because this dish, with its fragrant rice and chicken-y richness, is all about big, delicious flavour.

WHAT WE SEND

- free-range chicken thigh fillet
- 1 onion
- 1 Vietnamese Five Tastes Stir Fry Shots ¹⁷
- 150g jasmine rice
- 70g baby spinach leaves
- coriander
- 100g Greek-style yoghurt ⁷

WHAT YOU NEED

- boiling water
- garlic clove
- olive oil
- salt and pepper

TOOLS

- medium saucepan with lid

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

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 670kcal, Fat 26.0g, Carbs 68.6g, Proteins 36.9g



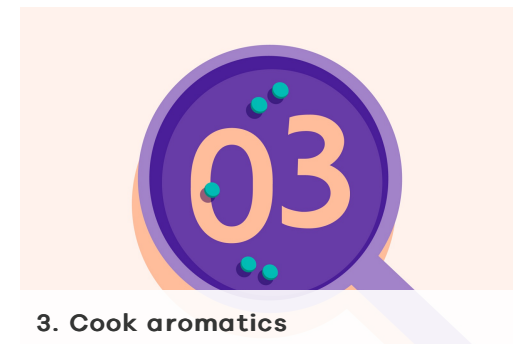
1. Prep ingredients

Crush or finely chop **1 garlic clove**. Roughly chop the **coriander**, keeping the leaves and stems separate. Finely chop the **onion**. Trim any fat from the **chicken** and thinly slice. Put the chicken and the **Stir Fry Shot** in a bowl and stir to combine.



2. Brown chicken

Heat **1 tbs olive oil** in a medium saucepan over high heat. Drain the **chicken** from the marinade, reserving the marinade. Stir-fry the chicken for 2-3 mins until golden. Remove from the pan and set aside.



3. Cook aromatics

Heat **2 tsp olive oil** in the pan over medium heat. Cook the **garlic, onion and coriander stems**, stirring, for 3 mins or until softened, then stir in the **rice** until well coated.



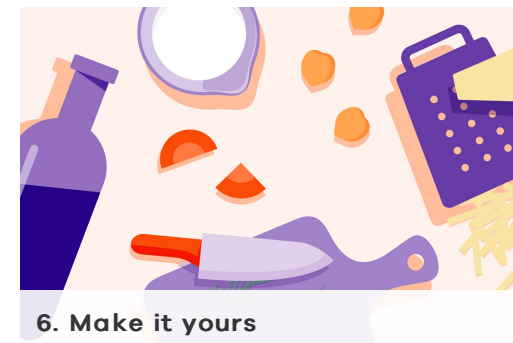
4. Cook rice

Return the **chicken** and the **reserved marinade** to the **rice mixture** and stir well to combine. Add **350ml boiling water** and bring to the boil. Cover with a lid, reduce the heat to medium and cook for 15 mins or until the water is absorbed and the rice is tender. Remove the pan from the heat and stand, covered, for 5 mins.



5. Serve up

Stir the **spinach** and **half the coriander leaves** into the rice mixture until wilted, then season with **salt and pepper**. Divide the **green chicken rice** among plates and drizzle with the **yoghurt**. Sprinkle with the **remaining coriander** to serve.



6. Make it yours

If you want to add a little warmth to the dish, scatter with 1-2 finely chopped seeded red chillies when serving.