

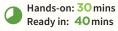
MEDITERRANEAN CHICKEN

with Broccoli Rice & Basil





Olive Oil





This rich red tomato sauce adds so much flavour to chicken – it's got a little bit of barbequed flavour to it and plenty of hidden veg. With a bed of fluffy broccoli rice, you'll be sure to catch all of that lovely sauce, too.

START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, sieve, garlic crusher, large frying pan, wooden spoon, plate and a medium saucepan with a lid.



Dice the free-range chicken breast into 2 cm cubes. Finely chop the brown onion. Finely chop the carrot (unpeeled). Finely chop the celery. Peel and crush the garlic. Finely chop the basil leaves (reserve a few leaves for the garnish). Finely chop the broccoli.



2COOK THE CHICKEN

Heat a drizzle of olive oil in a large frying pan over a medium-high heat. Add the chicken breast and cook, stirring regularly, for 4 minutes or until browned (the chicken will finish cooking in step 5). Remove from the pan and set aside on a plate.



Return the pan to the heat and add another drizzle of olive oil (if needed). Add the brown onion, carrot and celery and cook for 5 minutes, or until the vegetables have softened. Add the garlic and the sweet paprika and cook for 1 minute, or until fragrant. Add the diced tomatoes, tomato paste, water (for the sauce), sugar and the chopped basil. Crumble in the vegetable stock cube and bring to the boil. Reduce the heat to low and simmer for 10 minutes, or until thickened. Season to taste with a pinch of salt and pepper.



SERVE UPDivide the broccoli rice between bowls, top with the Mediterranean chicken and garnish with the reserved basil leaves.

Enjoy!



While the sauce is cooking, rinse the Jasmine rice well. Bring the rice and the water (for the rice) to the boil in a medium saucepan over a high heat. Reduce the heat to medium and simmer, uncovered, for 11-12 minutes, or until the rice is soft. In the last 4 minutes of the rice cooking time, add the broccoli. Drain and return the rice and broccoli to the saucepan. Season with a pinch of salt and pepper and cover with a lid to keep warm.



SADD THE CHICKEN TO THE SAUCEWhen the sauce has finished cooking, add the **chicken breast** and any resting juices back into the pan. Stir for **1 minute**, or until the chicken is cooked through. *TIP: The chicken is cooked when it is no longer pink inside. Remove from the heat.

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	4-5P	
olive oil* refer to metho		
free-range chicken breast	1 packet	
brown onion	1	
carrot	1	
celery	1 stick	
garlic 🕜	3 cloves	
basil 🕜	1 bunch	
broccoli	1 head	
sweet paprika	2 sachets (1 tbs)	
diced tomatoes	1 tin (400 g)	
tomato paste	1 sachet (2 tbs)	
water* (for the sauce)	½ cup	
sugar*	1 tsp	
vegetable stock	1 cube	
Jasmine rice	2 packets (1 ½ cups)	
water* (for the rice)	6 cups	

*Pantry Items | This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kj)	2570kJ (614Cal)	273kJ (65Cal)
Protein (g)	49.6g	5.3g
Fat, total (g)	11.4g	1.2g
- saturated (g)	3.3g	0.3g
Carbohydrate (g)	73.1g	7.8g
- sugars (g)	10.7g	1.1g
Sodium (mg)	453mg	48mg