



SPANISH RICE

 10 mins preparation | 25 mins cooking

 Serves 4



Ingredients

500g chicken breast, diced into 2cm chunks
 2 tbsp canola oil
 2 tsp minced garlic
 2 tsp sweet paprika
 2 tsp cumin
 1 tsp dried oregano
 1 tin diced tomatoes (400g)
 2 large carrots, peeled and diced
 2 capsicums (any colour), seeded and diced
 1 tin red kidney beans (no added salt) (420g),
 rinsed and drained
 3 cups reduced salt chicken stock
 1 ½ cups long grain rice eg. basmati (uncooked)

Method

1. Heat 1 tbsp of oil in a large non-stick frypan on medium heat.
2. Add chicken breast and cook for about 5 minutes or until browned, stirring often. Remove from pan and set aside in a clean bowl.
3. Add 1 tbsp of oil to the frypan and add garlic, paprika, cumin and oregano. Cook for 2 minutes, stirring often until aromatic.
4. Stir in rice and cook for 2 - 4 minutes until slightly translucent.
5. Stir in chicken pieces, tomatoes, carrot, capsicum, beans and chicken stock. Increase the heat to high until the mixture comes to a boil.
6. Place the lid on and reduce to medium - low heat and simmer until the liquid is absorbed and rice is tender, about 15 - 20 minutes.