



Brown rice chicken

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 cups uncooked brown rice
- 3 cups water
- 2 chicken stock cubes
- 4 chicken thigh fillets
- 1 + 1 tbsp olive oil
- 5 cloves garlic, coarsely chopped
- 1 red onion chopped
- 10 mushrooms chopped
- juice and rind from 1/2 a lemon
- 1/4 cup white wine (optional)
- 1 cup chopped broccoli
- 1 red capsicum chopped
- 20 whole green olives
- 1/4 cup sesame seeds
- 1 cup grated cheese
- 1/2 cup breadcrumbs

Instructions

What we had for dinner tonight, which was really leftovers thrown into a baking dish and made interesting with a squeeze of tangy lemon juice, white wine and piquant green olives.

If the cheese gets OTT, the lemon helps slice through the heaviness. And the sesame seeds, well... they just smell so damn good.

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- Break up chicken stock cubes in water in a pot. Add brown rice, cover and cook on low heat for 30 min or until all the water's absorbed.
 - While rice is cooking, brown chicken in a pan on high heat with olive oil. Set chicken aside.
 - Fry onion with olive oil on medium heat till translucent. Add garlic and mushroom and fry till fragrant.
 - Add lemon juice, rind and white wine.
 - Add chicken and coat in juices.
 - Add broccoli and capsicum, cook until broccoli is bright green.
 - Stir in olives.
 - Add cooked brown rice and stir to combine.
 - Spread rice mixture evenly over a baking pan.
 - Sprinkle grated cheese over the top, followed by sesame seeds and breadcrumbs.
 - Grill until cheese is melted and breadcrumbs are golden brown.
 - Serves 4.