



## 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.