



Ohba Chicken with Courgette Rice

NIBBLEDISH CONTRIBUTOR

Ingredients

Makes 2 Plates

2 Chicken Fillets
2-4 Ohba Leaves
4-5 tbsp Cheese of your choice
2-3 Stoke Celery, chopped into 3 pieces

0.5 Courgette, green and yellow
2 Cups of COOKED rice
5 tbsp Grated Parmesan Cheese
2 tbsp Olive Oil

Instructions

My inspiration comes from the fridge.
"What is left in there?"

So, I came up with this dish just from that.
This is NOT risotto, so you will have to have cooked rice, preferably Japanese short rice or something starchy like that.

First, heat the oven to about 200 Celsius, put celery on a pan and start grilling. Make an incision in a chicken fillet and stuff it with ohba leaf and cheese. Make sure that Ohba leaf is not exposing out, or it will become bitter.

Put the fillets on the celery so the jus drips on celery and grill for about 10-15 minutes.

In a pan, lightly stir fry courgette with olive oil, add rice and mix well.

When chicken is ready, add cheese to the rice and flavour it well with salt and pepper.

Plate them and serve immediately!