



Harvest chicken “meal in a bowl”

NIBBLEDISH CONTRIBUTOR

Ingredients

1 L chicken stock
2 chicken breasts
1 stick celery, chopped
2 medium carrots, cut thinly into rounds
1/4 small fennel bulb, chopped
1 medium onion, peeled, chopped
hefty pinch coarse paprika
salt and pepper
1/2 bunch lacinto kale, chopped
approx 2-3 cups cooked rice
1 medium tomato, chopped
1/2 bunch basil, chopped

Instructions

In a big pot bring the chicken stock, chicken, a cup or two of water, the celery, carrots, fennel, onions and paprika to a boil. Season lightly, then reduce the heat, cover loosely, and simmer 10-15 minutes until the breasts are cooked. It will take longer for larger or bone in breasts and less time for smaller breasts. Remove the breasts, allow to cool a bit.

Add the kale and rice to the pot and continue simmering, loosely covered, as you roughly shred the chicken meat, discarding any bones and skin if necessary. If ever the chicken is still a bit pink don't worry.

Add the chicken and tomato to the pot and heat through, making sure you chicken is cooked if this is an issue. Check the seasonings, add the basil and serve.

Of course with a recipe like this you can switch the vegetables to fit your liking or availability; peas, parsnips, arugula, shredded cabbage, spinach, etc... and a squeeze of lemon or a dash or two of tabasco never did anything any harm, except perhaps ice cream and chocolate cake.