



ONE PAN GREEK LEMON CHICKEN + RICE

 15 minutes
 1 hour and 15 minutes
 4 portions

INGREDIENTS

- 1 lemon juice and zest (12 g)
- 2 tsps, oregano, dried (2 g)
- 2 tsps, thyme, dried (2 g)
- 4 cloves of garlic, minced (12 g)
- 2 tablespoons olive oil (27 g)
- 500 grams of chicken thigh (about 4 thighs)
- 1 lemons, cut into slices (58 g)
- Sea salt and black pepper, to season
- 1 onion, diced (150 g)
- 1 cup of basmati rice, (185 g)
- 1 cup of chicken stock, (240 g)
- 1 1/2 cup of water (356 g)
- 1 bunch of parsley, leaves and stems finely chopped (60 g)
- 100 grams of beans, ends trimmed and chopped into 2cm pieces

COOKING METHOD

- 1° Mix all ingredients for the marinade together in a small bowl. Coat chicken and allow to marinade for 30 minutes.
- 2° Preheat oven to 180°C / 350°F / Gas Mark 4.
- 3° Add onion, rice, water, stock, parsley stems and half of the parsley leaves, salt and pepper to a deep baking dish. Stir to combine. Cover with foil and place in the oven. Cook for 30 minutes until most of the water has absorbed from the rice.
- 4° Once the rice has almost cooked through, remove from the oven. Remove the foil and stir through the green beans. Place chicken thighs on top of the rice and lemon slices on top of chicken if you like.
- 5° Turn the oven up to 200°C / 400°F / Gas Mark 6 and place dish back into the oven uncovered for 15 -20 minutes until chicken has cooked through.
- 6° Remove from the oven and scatter the remaining parsley leaves over the dish to serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (426 g)	% DRI
ENERGY	104 kcal	444 kcal	22 %
FAT	3 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
CHOLESTEROL	28 mg	119 mg	40 %
SODIUM	52 mg	223 mg	9 %
CARBOHYDRATE	12 g	49 g	16 %
SUGARS	1 g	4 g	—
FIBER	1 g	4 g	15 %
PROTEIN	7 g	31 g	—