



**Roast Chicken
& Spiced Rice**

Serves 2 (each serving contains
approximately 540 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

1 small onion
400g fine green beans
400ml chicken stock (made from a stock
cube – reduced sodium)
2 tablespoons mild curry paste (30g)
2 teaspoons rapeseed oil (10g)
80g brown wholegrain rice
2 skinless chicken thighs (bone in) (250g)
salt (optional) and freshly ground black
pepper

Method

Preheat the oven to to 180°C/350°F. Cut the onion in half, then peel and cut into thin slices. Trim the green beans.

Add half of the curry paste with half of the oil and stir to combine. Pour into a small baking dish and then stir in the rice.

On a clean chopping board, trim the chicken thighs and then cut a few deep slashes into each one and rub all over with the rest of the curry paste and season lightly with salt (optional) and freshly ground black pepper. Arrange on top of the rice mixture and cover with tin foil, then bake for 35 minutes.

Meanwhile, heat a non-stick frying pan over a medium heat. Add the rest of the oil and sauté the onion for 10-15 minutes until softened and caramelised.

Uncover the chicken and rice and discard the foil. The rice should be wet, give it a good stir, then return to the oven for another 15 minutes until the chicken is nicely golden and all the liquid has been absorbed. The rice should be cooked through and crisp at the edges. Set aside to rest in a warm place for 5 minutes.

Meanwhile, steam the green beans for 3-4 minutes until just tender but still with a little bite. Season lightly with salt (optional).

Divide the roast chicken and spiced rice between plates with some of the green beans and scatter over the caramelised onions. Serve with a bowl of the rest of the steamed green beans alongside.