Main dishes / France

long-grain rice with chicken breast and broccoli · France

A complete grain dish with chicken breast, broccoli and a France-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g long-grain rice
- ☐ 500 g broccoli
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g chicken breast
- ☐ 20 g Dijon mustard
- ☐ 10 g fresh tarragon

Let's make it.

01 Cook the long-grain rice in plenty of water according to its packet, then drain well.

02 Clean the broccoli and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the broccoli and cook for a few minutes. Add a splash of water, cover and cook for 7 minutes.

04 Cook the chicken breast in a separate frying pan until the centre reaches at least 74°C.

05 Combine the cooked grain, vegetables and main ingredient. Stir in the Dijon mustard, dried thyme, fresh tarragon and taste before serving.

AI-developed, not kitchen-tested.

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