Main dishes / England

brown rice with chicken breast and green asparagus · England

A complete grain dish with chicken breast, green asparagus and a England-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g brown rice
- ☐ 500 g green asparagus
- ☐ 2 g dried sage
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g chicken breast
- ☐ 15 g English mustard
- ☐ 10 g fresh parsley

Let's make it.

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

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

03 Heat the oil and soften the onion for five minutes. Add the green asparagus 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 English mustard, dried sage, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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