Main dishes / United States

# long-grain rice with chicken breast and drained sweetcorn · United States

A complete grain dish with chicken breast, drained sweetcorn and a United States-inspired seasoning.

**Time** 40 min **Servings** 4

## What you'll need.

- ☐ 150 g onion
- ☐ 280 g long-grain rice
- ☐ 500 g drained sweetcorn
- ☐ 2 g ground cumin
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g chicken breast
- ☐ 3 g smoked paprika
- ☐ 10 g fresh parsley

## Let's make it.

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

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

03 Heat the oil and soften the onion for five minutes. Add the drained sweetcorn and cook for a few minutes. Add a splash of water, cover and cook for 5 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 smoked paprika, ground cumin, fresh parsley and taste before serving.

**AI-developed, not kitchen-tested.**

**Recipe & provenance** DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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