Main dishes / United States

long-grain rice with chicken breast and parsnip · United States

A complete grain dish with chicken breast, parsnip 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 parsnip
- ☐ 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 parsnip and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the parsnip and cook for a few minutes. Add a splash of water, cover and cook for 15 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.

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