Grilled Chicken
RECIPE

Grilled Chicken



TIME	20 mins
INGREDIENTS	8 items
MAKES	2 servings

Grilled chicken breast is the perfect meal! Lean but tender meat matches with plenty of vegetables and salad items.

INGREDIENTS

- Ben's Original™ Wholegrain Golden Vegetable Microwave Rice 220g
- 2tbsp Olive Oil
- 2 Chicken Breasts
- 1tsp Ground Cumin
- 1tsp Paprika
- 1tsp Dried Oregano
- 1 Lemon, sliced
- Small handful of Parsley, chopped

INSTRUCTION

1. Place the chicken breasts between two pieces of greaseproof paper and flatten with a

rolling pin until they are an even thickness. Then cover with the oil, cumin, paprika and dried oregano until fully coated.
2. Place a frying pan on a medium heat and add the chicken. Pan fry for 10-12 minutes until golden brown and cooked through, turning half way.
3. Cook the Ben's Original™ rice according to pack instructions and split between two plates. Slice the chicken breast and spread across the rice. Add lemon slices to the side of the plate and sprinkle parsley over the dish.

NUTRITION

Amount Per Serving

- Carbohydrates (g) 36
- Cholesterol(mg) 141
- Dietary Fiber (g) 5.8
- Energy (kJ) 2045
- Protein (g) 54.2
- Sugars (g) 3.3
- Total Fat (g) 12.6
- Saturated Fat (g) 2.6
- Salt(g) 0.7
- Sodium (mg) 280
- Trans Fat(g) 0.1

Categories:

Golden Vegetable, Stove Top, 15 - 30 MIN, Easy family dinners, Chicken, Quick & Healthy.

MORE RECIPES LIKE THIS



Stuffed Peppers

Cooking time

30 mins

Ingredients

11 items



Spanish Style Rice

Cooking time

40 mins

Ingredients

13 items



Herby Chicken with Pesto

Cooking time

40 mins

Ingredients

12 items

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