



Simple & Quick Chicken and Rice

INGREDIENTS

500g Chicken (breast or thighs) cut into chunks
1 clove garlic finely chopped
½ medium onion diced
1-2 tablespoons canola oil
1litre chicken stock
1 cup long grain rice
1 can diced tomatoes (any flavor)
1 cup green peas (frozen or fresh)
1 cup button mushrooms (optional)

METHOD

1. Use a large skillet with lid - heat, add oil and warm before adding onion and chicken – brown. Add Garlic and sauté 1-2 minutes.
2. Add rice, stock, peas and tomatoes. Stir well.
3. Bring to simmer, add mushrooms. Cover
4. Simmer for approx. 20 minutes until rice is cooked stirring occasionally.