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™ Golden Vegetable Microwave Rice 250g
- 2tbsp Olive Oil
- 2 Chicken Breasts
- 1tsp Ground Cumin
- 1tsp Paprika
- 1tsp Dried Oregano
- 1 Lemon, sliced
- Small handful of Parsley, chopped
- Your favourite vegetables or salad to serve

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. Serve with your favourite vegetables or salad.

NUTRITION

AMOUNT PER SERVING

- Carbohydrates (g) 36
- Energy (kJ) 2045
- Protein (g) 54.2
- Sugars (g) 3.3
- Total Fat (g) 12.6
- Saturated Fat (g) 2.6
- Sodium (mg) 280

Categories:

Chicken, Stove Top, 15 - 30 Mins, Easy Family Dinners, Golden Vegetable, Quick and Healthy

MORE RECIPES LIKE THIS



Korean Bibimbap

Cooking time

40 mins

Ingredients

17 items



Prawn Stir Fry

Cooking time

20 mins

Ingredients

10 items



Mexican Style Chicken Pitta

Cooking time

25 mins

Ingredients

13 items

Source URL: *https://au.bensoriginal.com/recipes/Grilled-Chicken*