

Saffron Rice & Chicken

Ingredients

500 grammes Chicken, roasting, meat only, raw
 6 cups Water, bottled, generic
 4 grammes Spices, cinnamon, ground
 2 cubes MAGGI® Cube de bouillon de poulet
 1 Onions, raw
 1 cuillères à soupe Vegetable oil-butter spread, reduced calorie
 1 Mediums Carrots, raw
 1 cups Raisins secs dorés sans pépins
 2 cups Rice, white, medium-grain, raw, enriched

Instructions

1. In a stock pot, combine Chicken Breast, Hot Water, cinnamon stick and MAGGI® chicken cubes in saffron water, and simmer over medium heat until the chicken is fully cooked. Remove chicken from stock and allow to cool slightly, put the stock to use later. With a fork, tear the cooked chicken into small pieces and set aside.
2. In a nonstick rice pot, sauté onions in oil until golden, add carrots, raisins and the cooked chicken and sauté together for 2-3 minutes.
3. Add rice and 4 cups of the reserved stock to the pot, cover and simmer over low heat until rice is tender, and stock is absorbed.
4. Transfer to a serving dish and serve with salad or plain yogurt on the side. Fry some extra onions until golden and use as a garnish for rice along with toasted nuts.

Nutrients

Les glucides	73.19
Énergie	421.19
Les graisses	4.14
Protéine	22.27

48 Minutes

6