

# Peri-peri chicken with spicy rice

(Serves 2)

## Ingredients

- 125mls Peri-peri marinade (Nandos)
- 100g Celery, diced
- 1 medium Pepper, green, deseeded & chopped
- 1 medium Pepper, red, deseeded & chopped
- 100g Onions, red, diced
- 250g Chicken breast fillet, diced
- 1/2 Stock pot, (knorr vegetable)
- 400mls Water
- 3 Cardamom pods
- 1/2 tsp Coriander seeds
- 1/2 tsp Oil, Olive, napolini
- 1/4 tsp Turmeric, ground
- 1 Garlic clove, crushed
- 100g Rice, basmati, brown
- 1/2 tbsp Sunflower seeds
- 1/2 tbsp Sesame seeds

## Preparation

1. Pour peri-peri marinade into a lidded container.
2. Add celery, peppers, onions & chicken. Mix.
3. Put lid on & marinate in fridge for a few hours or overnight.
4. Heat oven to 200°C/400°F/Gas Mark 6 (180°Fan).
5. Cut a large enough piece of foil to put chicken mix in & wrap up into a parcel.
6. Bake peri-peri chicken in the foil in centre of oven for 25-30 minutes.
7. Whilst chicken cooking, prepare stock using 1/2 stock pot & 400mls water.
8. Lightly crush cardamom pods & coriander seeds.
9. Heat olive oil in a non-stick pan.
10. Fry all spices & garlic for 1 minute, stirring all the time.
11. Add rice & stock. Mix. Bring to boil.
12. Cover & simmer for 15-20 minutes, until rice tender & absorbed, stirring occasionally.
13. Dry fry sunflower & sesame seeds lightly. Set to one side.
14. Remove cardamom pods from rice. Stir seeds into rice.
15. Serve peri-peri chicken with the spicy rice.

**TOP TIP:** Use medium or hot per-peri marinade according to how hot you like it.

**NUTRITIONAL VALUES**

**PER SERVING**

Calories 566

Total Sugars 11.67g

Total Fats 13.8g

Saturated Fats 2.32g

Salt 2.38g

Fruit & Veg 3