



## Chicken and Rice

**Yield:** 8     **Author:** Dora Entz

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Prep Time: 40 Min    Cook Time: 45 Min    Inactive Time: 24 Hour    Total Time: 25 H & 25 M

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### INGREDIENTS

- ☐ 2 cups of Basmati or Jasmine rice
- ☐ 4 cups water
- ☐ 3 Tbsp chicken soup base powder (or bouillon cubes)
- ☐ 2 Tbsp olive oil
- ☐ 3 large carrots, shredded
- ☐ 1 medium onion, finely chopped
- ☐ 3 sticks celery, finely chopped
- ☐ ½ green pepper, finely chopped
- ☐ 1 Tbsp minced garlic
- ☐ 4-5 chicken breasts

- ☐ 1 cup milk
- ☐ 1 tsp salt
- ☐ ½ tsp black pepper
- ☐ ½ tsp seasoning salt
- ☐ 1 cup olive oil to fry chicken
- ☐ 1 ½ cups Italian bread crumbs

## INSTRUCTIONS

### Chicken Breast

1. Cut chicken breasts into ½ inch cubes and place into a large bowl. Add salt, black pepper, and seasoning salt to the meat. Pour the milk over the chicken cubes and stir to combine. Saran wrap the bowl and place it in the fridge overnight or for at least 4 hours. This allows the chicken to tenderize and infuses flavour.
2. Drain the milk off the chicken.
3. Add olive oil to a frying pan and turn to medium heat.
4. In batches, roll and coat the cubed chicken with Italian bread crumbs.
5. Fry breaded chicken in small batches in the olive oil until light brown on all sides (approx. 4 minutes). Do not overcook the chicken as we want it to be soft and tender.

### Rice

1. In a large pot, combine the rice, water, and chicken soup base. Stir to combine.
2. Heat a large frying pan on medium heat and add olive oil. Add the carrots, onion, celery, green pepper, and garlic; sauté until tender.
3. Add the sautéed vegetables to the rice mixture and stir to combine.
4. Cook rice on high for 1-2 minutes at a rolling boil. Cover pot with a lid and remove from heat. Leave the rice to sit for 30 minutes to absorb the water. Do not take the lid off.
5. Fluff the rice, add the chicken, and mix to combine.

## NOTES

1. You can substitute the olive oil for whichever oil you prefer.

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