

# NUTTY CHICKEN & VEGGIES WITH BROWN RICE



READY IN ABOUT 30 MINS



## INGREDIENTS

### RICE

2 cups brown rice

3 cups water

### CHICKEN

600g skin-on or skinless chicken  
breasts/thighs

### SAUCE

2 Tbsp honey

2 Tbsp soy sauce

1 Tbsp vinegar

1 clove garlic, minced

1/2 cup water

2 tsp cornflour

Pinch of garlic chilli blend  
(optional)

### VEGGIES

1 bag veggie stir-fry mix

1/4 cup peanuts, crushed

Soy sauce

YUM RATING ★★★★★

## METHOD

- BEFORE YOU START** Preheat oven to 220°C.
- COOK RICE** Combine rice, first measure of water and a pinch of salt in a pot and bring to the boil. Once boiling, cover with a lid and reduce to lowest heat to cook for 15 minutes. Turn off heat and steam, still covered, for 8 more minutes. Do not lift lid during cooking.
- COOK CHICKEN** Heat a little oil in a fry-pan on medium-high heat. Pat chicken dry and season with salt. Cook chicken, skin-side-down for about 3 minutes, until skin is crispy. Turn over and cook for 1 minute, then transfer to a lined oven tray and bake for 12-15 minutes, or until cooked through. Set aside to rest for 5 minutes, before slicing thickly. Reserve any resting juices. Reserve pan.
- MEANWHILE, PREP SAUCE & VEGGIES** In a bowl, mix all sauce ingredients together. Set aside.
- COOK VEGGIES & SAUCE** Return pan to high heat with a little more oil. Stir-fry veggies for about 4 minutes, until starting to soften. Stir sauce again, then add to pan with any resting juices from chicken, and peanuts. Reduce heat to low, allow to bubble and reduce for about 1 minute, until sauce is slightly thickened and veggies are tender. Season to taste with soy sauce.
- SERVE** rice topped with veggies, chicken and any remaining sauce.