



KFC Rice Box

Prep Time: 5 Minutes

Cook Time: 25 Minutes

Serves 2

This is a very versatile dish and a fantastic way to use up any left-over vegetables but also provides a yummy alternative to a takeaway.

Ingredients:

For the rice

1 onion chopped quite finely
3 mushrooms sliced
1/2 red pepper deseeded and diced
150g long grain rice
1 vegetable stock cube
550ml water boiling
40g peas (frozen is fine)
40g sweetcorn (frozen is fine)
2 tsp curry powder
2 tsp turmeric
1 small carrot finely diced

For the chicken

2 chicken Breasts
1 egg
1 tsp garlic granules
1 tsp onion granules
1/2 tsp salt
1 tsp paprika
1 tsp chilli powder
1/2 tsp dried thyme
1/2 tsp dried oregano
1 vegetable stock cube
27g panko bread crumbs
low calorie cooking spray



Method:

Chicken:

1. Preheat the oven to 180°C, Line a baking tray with baking paper.
2. Place the breadcrumbs, herbs and spices into a shallow bowl, crumble in the stock cube and season well with salt and pepper. Mix until fully combined. In a separate bowl whisk the egg.
3. Dip each chicken into the egg, then the breadcrumb mix. Then pop it back into the egg and into the breadcrumbs again.
4. Place the chicken on a baking tray and spray with low calorie cooking spray and cook for 25 minutes. While this is cooking prepare the rice.

Rice:

1. Over a medium heat, spray a large frying pan with low calorie cooking spray and cook the onions for around 5 minutes.
2. Add the peppers, carrots, mushrooms, turmeric and curry powder and cook for another couple of minutes.
3. Mix the stock cube in the boiling water.
4. Add the rice to the pan and give it another few sprays of low-calorie cooking spray so that the rice doesn't stick together.
5. Add the stock, peas and sweetcorn. Stir and bring to the boil.
6. Cover the pan and lower the heat. Allow to simmer for 15 minutes or until the rice is tender, stirring occasionally.
7. Serve immediately with the chicken sat on top.