

# Portuguese Chicken



SERVES 4



PREP TIME 35 mins



COOKING TIME 40 mins

## Ingredients

- 1 pack Carla's Portuguese Blend
- 2 red onions
- 2 red peppers
- 2 courgettes
- 2 corn cobs
- 1 lemon
- 1 bunch parsley
- 4 garlic cloves
- 400g basmati rice
- 4 chicken breasts
- 200ml natural yoghurt
- Olive oil
- Salt & pepper
- Butter

## Instructions

### Step One

- Preheat the oven to 220°C/200°C fan
- Cut the onions into 2cm wedges. Slice the red pepper into thin strips. Cut the courgette into 2cm chunks. Cut the corn in half
- Place all the veg on a lined oven tray, drizzle with olive oil, season with a pinch of salt and pepper and toss to coat
- Roast until tender, for 25-30 minutes

### Step Two

- While the veg is roasting, finely chop the garlic (or use a garlic press)
- In a medium saucepan, melt the butter with a dash of olive oil over a medium heat. Add half the garlic and cook until fragrant, about 1 minute
- Add the basmati rice, some water and salt, stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for 10 minutes, then remove from the heat and keep covered for around 10 minutes until the rice is tender and the water is absorbed

### Step Three

- In a medium bowl, combine the Portuguese blend with the remaining garlic (finely chopped or pressed) along with 40ml of olive oil and a squeeze of lemon juice. Add the chicken to the marinade and toss to coat then set aside
- In a small bowl, combine the yoghurt with a squeeze of lemon juice and a pinch of salt and pepper then set aside
- Roughly chop the parsley (reserve a few leaves for garnish). to the marinade and toss to coat then set aside
- When the veg has 5 minutes cook time remaining, heat a drizzle of olive oil in a large frying pan over a high heat. When the oil is hot, add the chicken and cook, tossing, for 3-4 minutes, until browned and cooked through. TIP: The sugar in the Portuguese blend will char slightly in the pan, making the chicken even more delicious! The chicken is cooked when it is no longer pink inside

### Step Four

- Remove the corn cobs from the oven tray and set aside. Fold the remaining roasted veg, the parsley and a squeeze of lemon juice through the garlic rice. Season to taste with salt and pepper
- Divide the roasted veg rice and corn cobs (spread with a little butter if you like) between plates. Top with the chicken and drizzle with the lemon yoghurt
- Garnish with the reserved parsley leaves and serve



Carla's product used in this recipe: [Portuguese Blend](https://www.carlasfoods.co.uk)  
[www.carlasfoods.co.uk](https://www.carlasfoods.co.uk)

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