

One-pot chicken and rice with vegetables

Serves 4



Prep: 10 mins | Cook: 30 mins

An easy family recipe, made with ingredients bought by your Best Start Foods card. Helping you serve a balanced diet on a balanced budget.

Ingredients



1 tbsp olive oil or rapeseed oil



200g long-grain rice (white or brown, rinsed)



1 medium onion, finely chopped



600ml low-salt chicken stock



2 garlic cloves, minced



1 tsp paprika



2 medium carrots, diced



1 red pepper, diced



½ tsp ground turmeric (optional, for colour and antioxidants)



150g Frozen peas



Black pepper to taste



300g skinless chicken breast or thigh, cut into bite-sized pieces



Best Start Foods is a pre-paid card which could give you over £40 a month to buy food for your children under 3.



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Method



1. Heat the pan

Place a large lidded pan or casserole dish over medium heat. Add the oil, then cook the onion and garlic for 2–3 minutes until softened.



2. Add the chicken

Stir in the chicken pieces and cook for 5–6 minutes until lightly browned all over.



3. Add the vegetables and spices

Mix in the carrots, red pepper, paprika, turmeric and a good pinch of black pepper. Cook for another 2–3 minutes.



4. Add rice and stock

Stir in the rice, then pour over the chicken stock. Bring to the boil, reduce the heat, cover with a lid and simmer gently for 18–20 minutes (25–30 minutes if using brown rice), until the rice is cooked and most of the liquid absorbed.



5. Finish with peas

Stir through the frozen peas, cover again, and let the residual heat cook them for 2 minutes.



6. Serve

Split between 4 dishes and serve a healthy meal for all the family!

This recipe was created by professional MasterChef winner and Scotland's National Chef, **Gary Maclean**

Gary Maclean



Scan to watch Gary prepare the recipe



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