



## Lemon Herb Chicken & Rice

### *Ingredients:*

4 chicken fillets

2 tbsp butter

2 tsp Italian seasoning

Salt and pepper

1 cup of rice

Chicken stock pot/cube

1 lemon

### *Method:*

Choose which cup you are using for this dish – you use the same cup to measure both your rice and your stock.

Boil your kettle and pour 2 cups of boiling water into a jug with your chicken stock cube/pot.

Divide the chicken fillets in half widthwise and place into a pot with your butter.

Place the pot onto a medium heat and turn the chicken over until it is white on all sides and sealed (it won't be cooked at this stage).

When the chicken is sealed, take the chicken out of the pot and place it to one side on a plate.

Add the rice, seasoning, salt and pepper, the juice of one lemon and your stock into the same pan and stir well together.

Place put the chicken back into the pan on top of the rice.



Put a tight fitting lid on top of the pan and place over a medium heat.

Cook for 15-20 minutes until all the stock has been absorbed, checking the rice and chicken are fully cooked.

Check after 15 minutes to make sure the rice isn't sticking to the base of the pan.

NOTE – You can replace the Italian seasoning with alternatives such as basil, oregano or rosemary.