



Warm Chicken & Brown Rice Salad



DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES



COOKING TIME: 1 HOUR 10
MINUTES



SERVES: 6

Ingredients

- 1 ½ cups brown rice
- 2 cups water
- 6 slices prosciutto
- 2 chicken breast fillets, approximately 500g
- 2 tbsps chunky pesto dip
- ¼ cup olive oil
- ¼ cup balsamic vinegar
- 3 tsps brown sugar
- Salt & pepper
- 2 bunches asparagus, sliced
- 1 x 200g punnet cherry tomatoes, halved
- 1 yellow capsicum, chopped
- 1 red onion, finely chopped
- ½ cup pitted Kalamata olives, halved
- 1 cup basil leaves, torn
- 125g feta, crumbled

Method

Rinse the rice well under cold running water. Drain and place into the non-perforated steamer tray.

Place the tray of rice into the full-sized perforated steam tray and place on shelf position 3. Set oven to FullSteam and cook for 45 minutes.

While the rice is cooking, lay 3 of the prosciutto slices onto a clean board. Place one chicken fillet on top then spread half the pesto dip over the chicken breast. Wrap the prosciutto around the chicken breast. Repeat with remaining chicken breast.

Combine the olive oil, balsamic vinegar and brown sugar in a small bowl. Season with salt and pepper then whisk well to combine.

Place the asparagus into the small perforated tray and steam next to the rice for the last 2 to 3 minutes of the cooking time.

When rice & asparagus are cooked, wipe out the oven to remove any residual water. Place the rice into a large bowl, toss with the oil and vinegar mix and allow to cool slightly while the chicken is cooking.

Preheat the oven on CircoRoast to 190°C with a high level of added steam. Line the universal pan with baking paper and place a rack on top. Place the chicken onto the rack and insert the MultiPoint MeatProbe horizontally into one of the pieces of chicken. Place the tray on shelf position 3 and set the core temperature to 72°C. Alternatively, if you do not have the probe cook for 22 to 25 minutes or until the chicken is cooked. When tested with a skewer, the juices should run clear.

Stir the remaining ingredients into the rice with the asparagus and place into a large serving bowl. Slice the chicken and serve with the rice salad.

Notes

