

Chicken Drummer Rice

FOOD BANK
FIGHTING HUNGER
IN AUSTRALIA

Add chilli powder for a spicy twist.

RECIPE SERVES
8-10

Ingredients

- 1 brown onion
- 2 garlic cloves
- 1 red capsicum
- 2 chicken breasts
- Spray oil
- 1 tablespoon paprika
- 1 cup medium or short grain rice
- 2 teaspoons salt reduced chicken stock powder
- 4 ½ cups water
- 2 cups frozen peas
- 2 teaspoons tomato paste
- 400g tin diced tomatoes
- 1 lemon
- ¼ cup fresh parsley

Equipment

- 2 chopping boards, knife, frypan with lid, stirring spoon, measuring spoons, measuring cups



1.

Peel then dice onion and garlic finely. Chop capsicum into small pieces. On a separate board chop chicken into bite-sized pieces.

2.

Turn frypan on to medium heat and spray with oil. Add chicken, onion, garlic and capsicum to frypan, cook for 3 minutes until brown. Add paprika and stir.

3.

Add rice, chicken stock powder and water to frypan, bring to the boil. Put lid on frypan and cook on low for 10 minutes, stirring once.

4.

Add frozen peas, tomato paste and tinned tomatoes. Put lid on and cook on low for another 10 minutes, stirring once.

5.

Chop parsley. Cut lemon in half and squeeze juice over dish, sprinkle with parsley and serve.