



JERNEJ KITCHEN

CHICKEN BLACK RICE WITH BEANS

Chicken Black Rice with Beans is a simple recipe for a healthy family meal. It's flavorful, easy to make, and delicious. Easy to make it meatless too.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	30	MINUTES
TOTAL TIME:	40	MINUTES

BLACK RICE WITH BEANS

300 g (1 1/2 cup) black rice
250 g (1/2 pound) green beans
(string beans)
3 tbsp olive oil
2 cloves of garlic, diced
1 tsp lemon juice
1/2 tsp grated lemon zest

CHICKEN

500 g (1 pound) chicken breast
1 tsp cumin powder
1/4 tsp paprika powder
1 tbsp olive oil
1 tsp grated lemon zest
1 tbsp olive oil (for cooking)

TOOLS AND EQUIPEMENT

saucepan
bowl
kitchen thongs
grill pan
ponev

COOK THE BLACK RICE

Cook the black rice according to the package instructions. Each type of rice cooks differently, so it's best to follow the package instructions. While the rice cooks, prepare the rest of the ingredients.

COOK THE BEANS

Cut the green beans or string beans into 3 cm (1-inch) chunks. Pour water into a saucepan and season lightly with salt. Place over medium heat and bring to a boil, then add in the beans. Cook for 6 - 8 minutes or until the beans are cooked al dente, until almost soft.

SEASON THE CHICKEN

Cut the chicken breast into chicken cutlets, and place in a bowl. Add the cumin powder, paprika powder, olive oil, lemon zest, and season with salt and pepper. Using the kitchen thongs, coat the meat in the spice mix to combine.

TIP

For the chicken cutlets, cut the chicken breast horizontally into two pieces. Place the parchment paper or plastic wrap over the meat. Using a meat tenderizer or rolling pin, pound the meat until about 1 cm or 1/2 inch thick.

PAN-FRY THE MEAT

Place a large grill pan over high heat. Add the olive oil and a few of the chicken cutlets; make sure not to overcrowd the pan. Pan-fry the meat for 2 - 3 minutes per side. Repeat the process until all the meat is pan-fried.

FINISH THE DISH AND SERVE

Place a separate pan over medium heat. Add 3 tbsp olive oil and diced garlic. Saute for a minute, then add the cooked black rice and drained beans. Stir, and saute for a minute or two. Stir in the lemon juice, and lemon zest. Cut the cutlets into strips and add to the rice in a pan. Stir to combine, then divide between four plates and serve.