

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Chicken with cumin, lemon and spiced rice

Ingredients Serves 4

400g chicken breast fillets, sliced	1 large onion, finely sliced
vegetable oil	15g butter
2 tsp cumin	1 leek, halved and sliced
Pinch of chilli flakes	2 grated carrots
2 garlic cloves, crushed	1 tsp cinnamon
1 lemon, juice and zest	50g dried sultanas, cranberries or raisins
200g basmati and wild rice	1 tbsp chopped coriander

### Method

Put the chicken onto a bowl with  $\frac{1}{2}$  tbsp oil, 1 tsp cumin, garlic and the juice of  $\frac{1}{2}$  lemon. Season with salt and pepper and set aside. Put the rice into a large saucepan and cover with cold water. Bring to the boil and simmer for 20 minutes, then drain.

Heat some oil in a large frying pan. Add the onion and fry until just golden. Add the butter, leek and carrots and fry for a few minutes. Stir in the remaining cumin, the chilli flakes, the cinnamon and dried fruit and fry for a couple of minutes. Set aside in a separate dish.

Add a little oil to the pan and gently fry the chicken until golden and cooked through until the juices run clear and there is no pink meat in the centre. Add the onion and leek mixture then the rice and finely the remaining lemon juice and zest. Season to taste. Garnish with the chopped coriander.

Per serving

Calories – 410

Carbs – 15.6g

Fat – 8.5g

Protein – 31.7