

# One Pot Wonder Chicken and Rice

10 Ingredients    4 Servings    60 Minutes Total Time

½ cup	celery (diced)
½ cup	chives
2 teaspoons	salt
1 tablespoon	yeast
1 kilogram	chicken breast (skinless) (diced)
½ cup	shallots (diced)
2 cloves	garlic, crushed
1 cup	basmati rice
2 cups	chicken stock (Low Salicylate)
2 tablespoons	oil*

## Instructions

Mix stock, oil, salt, garlic, chives & yeast together in a mixing bowl.

Pour the rice into a 10-inch cast iron frying pan/ skillet, and then pour the liquid over top. Bring to a boil.

Sprinkle the celery and shallots into the boiling rice, and stir. Reduce heat to medium-low (3 on a gas stove).

Arrange the chicken pieces evenly into the skillet. Cover and simmer (untouched) for 30 minutes. Turn chicken.

Stir rice from the bottom of the skillet if needed, to prevent sticking and/or scorching, re-cover, and reduce heat to lowest possible setting. Continue to cook (untouched) for another 15 minutes.

Remove the lid from the frying pan/ skillet, and place under a grill/broiler until slightly browned (6-8 minutes).

Sprinkle with fresh parsley and chives, and serve. Enjoy!



♥ Nutritional Information	
<i>(per serving)</i>	
Calories	554
Total Fat	13g
Saturated Fat	3g
Cholesterol	152mg
Sodium	1,617mg
Total Carbohydrate	43g
Dietary Fibre	3g
Sugars	2g
Protein	57g
Calcium	41mg
Iron	2mg
Magnesium	137mg
Phosphorus	669mg
Potassium	1,183mg
Vitamin C	4mg
Thiamin	1mg
Riboflavin	--
Vitamin B6	2mg
Vitamin E	2mg