

Turmeric Chicken with Brown Rice

5 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Cook the brown rice according to the directions on the package.
3. While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
4. Once the chicken and rice are cooked, divide between plates and enjoy!

Ingredients

185 grams Brown Rice (dry, uncooked)
454 grams Chicken Breast (skinless and boneless)
15 milliliters Avocado Oil
3 grams Turmeric
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	451	Fiber	2g
Fat	11g	Sugar	0g
Carbs	48g	Protein	39g

