

# One pot wonder: Chicken and Vegetable Pilaf



Serve 4

## Ingredients:

3 chicken thigh fillets cut into 2cm cubes

Moroccan spice mix

Salt and pepper

\*¼ teaspoon chilli flakes – optional

1 tablespoons oil

Any vegetables you have eg carrots, zucchini, capsicum, beans, pumpkin cut to all the same size.

1 cup basmati rice

2 cups chicken stock

## Method

### STEP 1

Coat cut chicken pieces in the spice mix, I use about 1 ½ tablespoons. If using chilli flakes add them now.

Heat the oil in a heavy pan that has a lid, add the chicken pieces, fry for a couple of mins just to colour the outside, then stir in the vegetables and cook for another 2 mins.

Add the rice and stir to coat rice in the oil and veg juices.

### STEP 2

Add chicken stock and stir. Bring to the boil, reduce heat to a slow simmer. Cover with a lid.

Cook for 15min, test to see if rice is cooked. A pilaf should be a little bit dry ie not wet like a risotto.

Give everything a good stir, season to taste.

Enjoy