

# Chimichurri Chicken with Rice and Greens

**Serves:** 4

**Prep time:** 20 minutes

**Cook time:** 15 minutes



## Ingredients

1 tablespoon extra virgin olive oil  
2 chicken breast fillets, cut in half horizontally  
350g green beans, trimmed  
2 bunches broccolini, halved lengthways  
1 tablespoon lemon juice  
2 teaspoons extra virgin olive oil  
Black pepper, to taste  
450g packet microwavable brown rice  
Lemon wedges, to serve

## Chimichurri

3-4 garlic cloves, finely diced  
2 tablespoons red or white wine vinegar  
½ cup firmly packed flat-leaf parsley, stems trimmed, finely chopped  
½ cup firmly packed coriander, stems trimmed, finely chopped  
2 tablespoons fresh oregano leaves (or 2 teaspoons dried oregano)  
½ cup extra virgin olive oil  
¼ teaspoon freshly ground black pepper  
¼ teaspoon chilli flakes OR 1 red chilli, finely diced

## Method

**PREPARE** the chimichurri by soaking garlic in a small bowl with the vinegar for 10 minutes.  
**ADD** parsley, coriander, oregano, olive oil, pepper, and chilli flakes to the garlic and vinegar mixture. Stir to combine and set aside.  
**HEAT** one tablespoon olive oil in a large frypan over medium heat.  
**COOK** the chicken for approximately 5 minutes on each side until golden and cooked through. Remove from pan and set aside.  
**STEAM** beans and broccolini over medium heat in a steamer.  
**SEASON** beans and broccolini with lemon juice, olive oil and pepper.  
**HEAT** the rice according to packet directions.  
**DIVIDE** the rice and vegetables between four plates and place chicken on top.  
**DRIZZLE** chimichurri over the chicken and serve with a lemon wedge.



Everyday Food

*Recipe courtesy of the Country Kitchens team*