

## **Chicken on a bed of Mediterranean Rice**

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### **Ingredients:**

- Chicken breasts, skinless and boneless (4)
- Garlic (2-4 cloves)
- Mayonnaise (½ cup)
- Salt (to taste)
- Lemon (1)
- Lime (1)
- Chicken Stock (powder) (2 tbsp. +1 tbsp.)
- Extra-virgin olive oil (1 cup)
- white or brown rice (2 cups)
- celery (3-4 stalks)
- carrots (1-2)
- onion (1 medium)

### **Instructions:**

- Mix the chicken stock powder into the extra-virgin olive oil, beat briskly until the stock is not clumped
- Slice or fillet the chicken breasts. Brush the oil over the chicken, pour remainder of the oil into the container and refrigerate about 1 hour
- Dice the celery, carrots and onion. Pan fry the vegetables lightly until soft and then cook with the rice. Adding chicken stock (about 1 table spoon)
- Mince the garlic as finely as possible. Add the garlic as per your taste, mayonnaise, juice of ½ lemon, 1 lime and a pinch of salt in the mixing bowl
- To cook the chicken grill or pan fry it over medium-high heat. Don't worry about the olive oil getting into the pan it boils off very nicely. There is no need for greasing the pan or grill as the olive oil prevents sticking. Grill or fry the chicken until it is thoroughly cooked and browns nicely on the outside
- Serve the chicken on the bed of rice with a dollop of the white sauce and a side salad of your choice