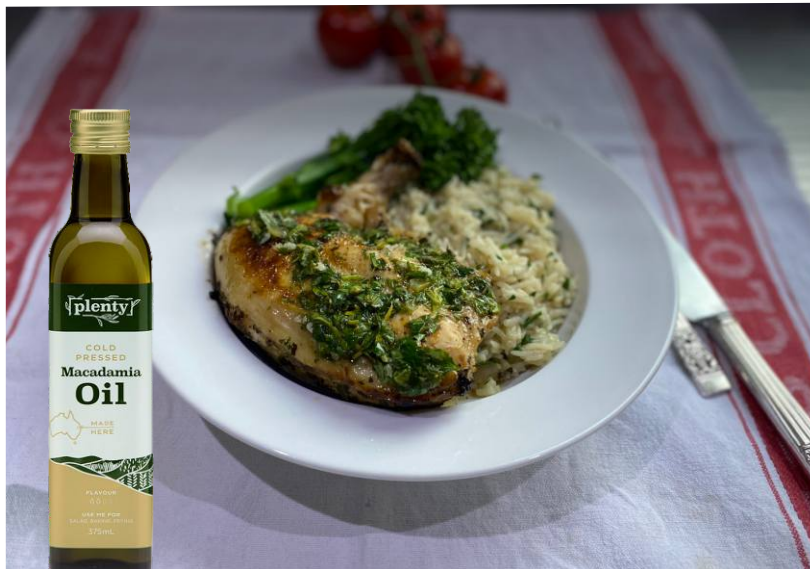




Herb Chicken with Macadamia Oil and Lemon Vinaigrette

SERVED WITH RICE PILAFF AND BROCCOLINI



INGREDIENTS

2 x chicken supremes with skin on (you can also use chicken thighs with bone in and skin on)

Marinade

1/2 cup of chopped herbs
(It's lovely with a mix of Mint, Parsley and Coriander)
2/3 cup Plenty Macadamia Oil
Zest of one lemon (Do this before you halve and juice it)
1/3 cup lemon juice
1 tbsp of chopped preserved lemons
2 medium cloves of garlic crushed
Cracked fresh pepper and salt to taste

Pilaff

2 French shallots finely chopped
1 cup Jasmine rice
1 1/2 cups of chicken stock
Small handful chopped parsley
1 tbsp macadamia oil
1 tbsp butter

Serves 4

Complexity - simple

15 minutes prep, 30 min - 2hr hr marinate

20 minutes cook

Recipe by Katie Henderson, cooked and presented by Annie O'Dowd (sisters).

METHOD

1. Preheat your oven to 180°C.
2. Combine all herb salsa ingredients together in a bowl and mix well. Reserve half the mixture for later and mix half with the chicken pieces in a covered container or snap lock bag. Place in refrigerator for 30 mins to a maximum of 2 hours. (Any longer than this and the meat will toughen).
3. Once the chicken has marinated to your satisfaction, heat a non stick or cast iron pan on the stove with a swirl of Macadamia oil. Brown the chicken on both sides.
4. Get the Pilaff started. Soften shallots in a pan with oil and butter. Add the rice. Coat with oil and butter and then add all the stock. Turn it right down and put the lid on. Bring to boil and reduce to simmer. Cook for about 20 minutes. Remove from heat, fluff with a fork. You can rest it for a few minutes before you serve.
5. Somewhere not too long after starting to tend to the Pilaff, above, you will need to put the chicken on the oven dish in a pre-heated 180 degree oven for 15 minutes. Hint: Time it so you put the chicken in the oven while you are cooking the pilaff so that the chicken has time to rest for a few minutes but all is ready to plate when the pilaff is done. Add parsley at the end and season with pepper and salt to taste.
6. When the rice is nearly cooked, blanch some stalks of broccolini or other fresh vegetable should you wish.

TIPS - next page...

You can find a selection of our "everyday gourmet" oils at Woolworths. Our Walnut and Macadamia oils are also available at Coles. To find out where else you can buy our oils go to: <https://www.plentyfoods.com.au/where-to-find-plenty-oils/>



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TIPS

- Serve the chicken whole or sliced on a bed of pilaff with some broccolini artfully placed. Spoon some of the chopped herb vinaigrette over the chicken.
- To check the texture of the pilaff, it should be cooked but the rice grains should not be too soft. There should be luscious movement when you stir the rice, but not gluggy and clumped!



Plenty is Australia's largest producer of cold pressed oils and we were the first in the world to press Macadamia.

We used advanced technologies and processes to ensure purity and wholesomeness. Even our refined Safflower oil (developed with CSIRO using gene suppression technology) uses no extreme heat or chemicals in the process. We work with local growers who demonstrate sustainable practices.