

CHICKEN & RICE



- This dish is one that I cook when I am so tired from training that there is no chance of me making anything that takes major effort.
- I like having a few meals like this in the repertoire.
- This dinner is not as healthy as some of my other recipes but it definitely hits the spot after a track session and, all in all, it's not a bad option to throw together

Prep Time: 5 minutes

Cook Time: 30 minutes

Serves: 2

Nutritional Information:

- Protein: 14.2g
- Fat: 5.7g
- Carbohydrates: 17.1g
- Fibre: 8.4g
- Calories: 174

Ingredients:

- salt and pepper
- 2 skinless chicken breast fillets
- 2 tbsp Dijon mustard
- 2 tbsp chutney (plum, mango or whatever's in the cupboard)
- a small handful of grated Cheddar
- 125g brown rice
- 300g mixed frozen vegetables

Method:

1. Preheat the oven to 180°C/350°F/gas 4.
2. Season the chicken fillets and place them in an ovenproof dish.
3. Mix the Dijon mustard and chutney in a small bowl and coat the chicken fillets with this mixture.
4. Sprinkle over the Cheddar. Bake the chicken for about 30 minutes, until cooked through.
5. Meanwhile, prepare the rice according to the instructions on the package.
6. About 5 minutes before serving, boil the vegetables in salted water, until tender.