

GF Friendly

Chicken and Bacon Pilaf

A light-tasting chicken, bacon and rice dish

The original recipe I found for this one used brown rice which we don't care for, so I substituted Arborio rice. The end result was tasty, but we felt it needed some extra spice, maybe half a teaspoon of chilli. If you choose to go this way, add it to the oil, garlic and ginger when cooking the rice.

250g chicken breast fillet
2 rashers lean bacon
1 cup uncooked white rice
1 onion, coarsely chopped
1 cup-mushroom, coarsely chopped
½ capsicum, chopped small
400ml chicken stock
1 tsp minced garlic
1 tsp powdered ginger
½ cup chopped parsley
2 Tbsps olive oil, or other
1 Tbsp butter
Salt and pepper (optional)



Warm 1 tablespoon of oil in a wok or a deep frying pan. First fry the mushroom and capsicum for 3-4 minutes, then remove and set aside. Cut the bacon into ½ inch squares and the chicken into ½ inch cubes. Fry these together in the same pan for 10 minutes until the chicken is cooked through. Remove these and set aside.

Still in the same pan, add the second tablespoon of oil along with the butter until just sizzling. Put in the onion, garlic, ginger with the uncooked rice and sauté for about 4 minutes. Pour in the stock and stir occasionally while bringing to the boil; then turn down to simmer covered for about 10 minutes until most of the liquid is reduced and the rice is cooked.

Now fold in the chicken, bacon, mushroom and capsicum, tossing frequently while reheating. Finally, mix in the parsley just prior to serving on warmed plates.

Serves 2-3 with vegetables

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