



WHATSheATE



Broad bean & chicken pilaf



Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 200 g rice
- ☐ 2 oz butter
- ☐ 1 tbsp vegetable oil
- ☐ 1 onion chopped
- ☐ 2 garlic clove finely chopped
- ☐ 1.5 tsp cumin seeds
- ☐ 1 cinnamon sticks
- ☐ 1 tsp turmeric

- ☐ 350 g chicken breast boneless skinless cut into bite-sized pieces
- ☐ 425 ml chicken stock see
- ☐ 200 g avarakkai / broad beans shelled (800g 1lb 12oz before podding)
- ☐ 2 tbsp optional: dill fresh chopped

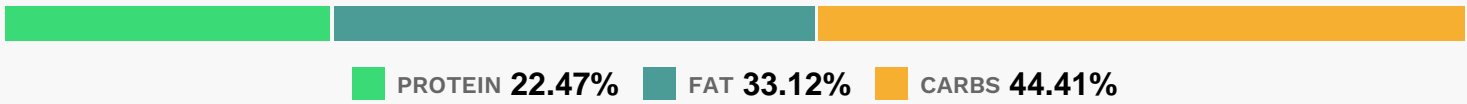
Equipment

- ☐ frying pan

Directions

- ☐ Rinse the rice thoroughly, then leave to drain until needed. Melt half of the butter with the oil in a large pan or paella pan and fry the onion gently, stirring occasionally, for about 7 minutes until translucent, without browning.
- ☐ Now add the garlic and spices and stir fry for about 30 seconds, then add the chicken. Stir fry lightly for a few minutes on a high heat until the chicken loses its glassy look and is tinged brown (if youre using chicken thighs, stir fry for 5 minutes more). Tip the drained rice into the pan, and stir fry for a final 30 seconds, until the rice is coated with the juices in the pan.
- ☐ Pour in the stock and stir in the beans. Season generously with salt and pepper and bring to the boil, then put the lid on tightly and turn the heat down as low as it will go (use a diffuser mat if you have one). Leave to simmer for 10–12 minutes, without stirring, until the stock is absorbed and the rice and chicken are tender. Check now and then towards the end of cooking, to make sure the rice hasnt boiled dry. Stir in the dill and the remaining butter just before serving.

Nutrition Facts



Properties

Glycemic Index:64.05, Glycemic Load:28.94, Inflammation Score:-10, Nutrition Score:19.849130373934%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 528.12kcal (26.41%), Fat: 19.26g (29.64%), Saturated Fat: 8.81g (55.09%), Carbohydrates: 58.1g (19.37%), Net Carbohydrates: 53.59g (19.49%), Sugar: 3.92g (4.35%), Cholesterol: 89.71mg (29.9%), Sodium: 354.87mg (15.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.4g (58.8%), Vitamin B3: 12.11mg (60.56%), Selenium: 39.81µg (56.87%), Manganese: 1.05mg (52.64%), Vitamin B6: 0.91mg (45.31%), Phosphorus: 352.62mg (35.26%), Potassium: 711.2mg (20.32%), Vitamin B5: 1.89mg (18.95%), Fiber: 4.52g (18.07%), Folate: 71.23µg (17.81%), Copper: 0.35mg (17.5%), Magnesium: 69.05mg (17.26%), Vitamin B2: 0.27mg (15.7%), Iron: 2.62mg (14.57%), Vitamin B1: 0.2mg (13.31%), Zinc: 1.86mg (12.43%), Vitamin K: 9.66µg (9.2%), Vitamin A: 419.91IU (8.4%), Calcium: 69.57mg (6.96%), Vitamin E: 0.94mg (6.27%), Vitamin C: 4.32mg (5.24%), Vitamin B12: 0.2µg (3.32%)