



## One-pot chicken & chickpea pilau



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tbsp olive oil
- ☐ 4 chicken thighs skinless trimmed of fat
- ☐ 2 large leek thinly sliced
- ☐ 2 garlic clove crushed
- ☐ 400 g garbanzo beans drained and rinsed canned
- ☐ 1 lemon zest grated
- ☐ 200 g brown rice
- ☐ 450 ml chicken stock see

☐ 1 head broccoli

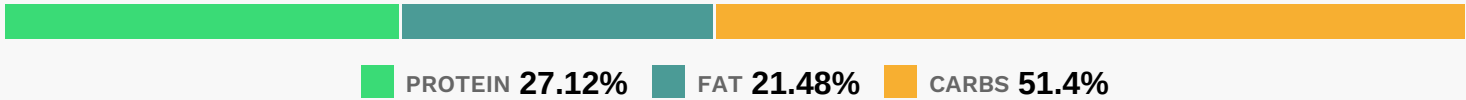
Equipment

☐ frying pan

Directions

- ☐ Heat a large, lidded frying pan or fl ameproof casserole and add the oil. Fry the chicken thighs for 2 mins, turning halfway through cooking, until lightly coloured, then lift onto a plate.
- ☐ Add the leeks to the pan and stir-fry for 3 mins, then add the garlic and tip in the chickpeas, most of the lemon zest and rice. Stir together until well mixed.
- ☐ Nestle the chicken in the rice mix.
- ☐ Pour over the stock and season lightly. Cover and cook on a low heat for 20 mins until the chicken is nearly cooked through and the rice has absorbed nearly all the liquid. Sit the broccoli on top of the rice, cover and continue to cook until the rice and broccoli are tender and the chicken cooked.
- ☐ Sprinkle with the remaining lemon zest to serve.

Nutrition Facts



Properties

Glycemic Index:48.27, Glycemic Load:28.91, Inflammation Score:-9, Nutrition Score:42.549130481222%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 13.11mg, Kaempferol: 13.11mg, Kaempferol: 13.11mg, Kaempferol: 13.11mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 557.26kcal (27.86%), Fat: 13.51g (20.79%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 72.75g (24.25%), Net Carbohydrates: 61.71g (22.44%), Sugar: 6.2g (6.89%), Cholesterol: 110.77mg (36.92%), Sodium: 603.24mg (26.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.38g (76.76%), Vitamin C: 143.66mg (174.13%), Vitamin K: 181.59µg (172.95%), Manganese: 3.27mg (163.3%), Vitamin B6: 1.69mg (84.54%), Vitamin B3: 11.56mg (57.82%), Phosphorus: 572.49mg (57.25%), Selenium: 34.52µg (49.31%), Fiber: 11.04g (44.17%), Magnesium: 174.03mg (43.51%), Folate: 169.71µg (42.43%), Potassium: 1243.55mg (35.53%), Vitamin A: 1735.2IU (34.7%), Vitamin

B1: 0.52mg (34.58%), Vitamin B5: 3.35mg (33.48%), Vitamin B2: 0.53mg (31.03%), Iron: 5.37mg (29.86%), Zinc: 4.28mg (28.5%), Copper: 0.55mg (27.51%), Calcium: 167.55mg (16.75%), Vitamin E: 2.34mg (15.61%), Vitamin B12: 0.72µg (12.05%)