

# MEDITERRANEAN CHICKEN PILAF

## INGREDIENTS

- 1/2 t** Pepper (2 mL)
- 3 lb** Chicken pieces (1.4 kg) (skinned)
- 2 T** Healthy oil (30 mL) (may need more)
- 1** Onion (chopped)
- 1 clove** Garlic (minced)
- 1/2 C** Slivered almonds (125mL) **OR** pine nuts **OR** chestnuts
- 1/4 C** Craisins (50 mL)
- 1 1/2 C** Basmati rice (375 mL) **OR** long-grain rice
- 1/4 t** Allspice (1 mL) (ground) (optional)
- 1/4 t** Cinnamon (1 mL) (ground) (optional)
- 1/4 5** Cumin (1 mL) (ground)
- 1 C** Chicken stock (250 mL) **OR** chicken soup mixed with water
- 1 1/4 C** Water (300mL)
- 2 T** Dill (25 mL) (fresh) (chopped) **OR** frozen fresh dill (optional)



## DIRECTIONS

- 1 Sprinkle pepper all over chicken
- 2 In large non-stick skillet, heat the oil over medium-high heat & brown the chicken ( 10 minutes)
- 3 Transfer to a plate
- 4 In same pot sauté onion & garlic for 10 minutes or until brown; adding some oil if needed
- 5 Stir in almonds, craisins & chestnuts, cook, stirring, until nuts darken (about 3 minutes)
- 6 Add rice, allspice, cinnamon, cumin & remaining salt; cook (2 minutes) stirring to coat grains
- 7 Add stock & water & nestle chicken in rice mix & bring the liquid to a boil
- 8 Reduce heat to low, cover & cook until rice is tender & juices run clear when chicken is pierced (About 30 minutes)
- 9 Remove from heat; let stand, covered (for 10 minutes)
- 10 Fluff rice with fork

## NOTE

- 1 Serves 8-10
- 2 Serve with flatbread & a tossed salad dressed with lemon juice & olive oil