



# CHIMICHURRI CHICKEN AND RICE



## Ingredients

- 3 Oz Diced Boneless Skinless Chicken Breast
- 1 Cup Uncooked Jasmine Rice (or Brown Rice)
- 1 Diced Bell Pepper
- 1/2 Cup Halved Brussle Sprouts
- 1/4 Cup Chopped White Onion
- 1/4 Avocado
- 1 Cup Chicken Broth
- 1 Tsp Minced Garlic
- 1 Tsp Dried Oregano
- 1/2 Tsp Cumin
- 1 Tbsp Chopped Fresh Parsley
- 1/2 Tbsp Chopped Fresh Cilantro
- 1 Tbsp Apple Cider Vinegar
- Salt and Pepper to taste

PREPARATION: 5 MIN

COOKING: 35 MIN

READY IN: 40 MIN

SERVINGS: 1

CALORIES: 626

FAT: 21.8 G

CARBS: 66.2 G

PROTEIN: 33.8 G

## Directions

- Heat skillet over medium heat with avocado oil. Place in chicken and cook until browned on outside and juices running out are almost clear. Set aside.
- In skillet add in garlic and onion and brown. Add in chicken broth with apple cider vinegar and uncooked rice. Cover and let simmer until rice is soft and the broth has boiled off.
- Add chicken back in. Add bell pepper and brussle sprouts. Season with oregano, cumin, and salt and pepper. Mix together and let veggies heat up.
- Plate and garnish with avocado, parsley and cilantro.

This is another Fitmen Cook inspired meal. For a lower carb option sub cauliflower rice (will not need to cook for more than 5-10 min). For lower fat option use non stick spray for oil and or leave off avocado.

Note: Calories based on the above information and can vary depending on quantity and substitutions used.

