



SECOND HARVEST
of SILICON VALLEY



Quick and Easy Microwaved Rice Dinner

Ingredients

- 1/2 cup white rice (Jasmine or Basmati rice)
- 1 boneless skinless chicken thigh, cut into chunks
- 1 cup water or chicken stock
- 1 cup canned, defrosted frozen or diced fresh vegetables (examples: green beans, broccoli, cauliflower, asparagus, peas, corn, tomato, bell pepper)
- Salt and pepper to taste

Servings: 1

Prep time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Directions

1. Place the rice, chicken and water in a large microwavable bowl. Add a dash of salt and pepper and stir.
2. Cover the bowl with a microwave cover or plastic wrap.
3. Microwave the bowl for 5 minutes on high power. Remove the bowl with hotpads.
4. If you are using fresh vegetables now is the time to add them on top of the rice. Do not stir.
5. Cover the bowl again and microwave for another 10 minutes on medium power.
6. Remove the bowl from the microwave and let it sit for 5 minutes. Carefully remove the cover and taste the rice.
7. If the rice is not quite done, microwave it for 1 minute at a time until it is the right texture.
8. Fluff the rice with a fork. Add your canned or defrosted frozen vegetables if using.
9. Season with salt and pepper and enjoy.

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