



Creamy Mustard and Leek Chicken with Black Rice

Serves 4

Time to make 55 minutes

Ingredients

- 1 tablespoon **Ceres Organics Extra Virgin Olive Oil**
- Kenwood Food Processor**
- 1 large leek, washed and very finely sliced with the food processor
- 4 cloves garlic, finely chopped
- 500g **Waitoa Free Range Skinless Chicken Breast**, chopped
- 5 teaspoons **Colman's English Mustard**
- 2 teaspoons wholegrain mustard
- 400g white mushrooms, sliced
- 3/4 cup **Countdown Homebrand Frozen Peas**
- 3 tablespoons (80g) Light Cream for Cooking
- 1 cup **Delmaine Black Rice**
- Palmers Fresh Flat-leaf Parsley**, to garnish

Instructions

Rinse 1 cup black rice until water runs clear. Add rice to 2 cups water. Bring to the boil, reduce to simmer, and cover. Simmer for 25 minutes then remove from heat, covered, and let stand for 10-15 mins before fluffing with a fork.

Once rice has been simmering for about 5 minutes, heat oil in a large non-stick pan, add leek and garlic. Cook over a medium heat for 5 minutes or until leeks are soft.

Add chicken and mustards to the pan, cook for around 5 minutes, allowing the chicken to lightly brown all over.

Add the mushrooms to the chicken and cook for 2-3 minutes, stirring from time to time. Add peas and 1/2 cup water and cook for 8-10 minutes over a low heat until chicken is cooked through.

Add light cream for cooking, cook for another minute, then serve with black rice. Garnish with parsley.