

# Delicious Dinners

## Rice Pots



### Spanish Chicken and Rice Pot (Serves 4)

#### Ingredients:

- 4 chicken breasts (remove skin)
- 50g chorizo sausages
- 1 large onion chopped
- 200g basmati rice
- 400g kidney beans
- 500ml chicken stock
- Thyme
- 1 tbsp olive oil

#### Equipment:

- Large pan
- Measuring jug
- Tin opener
- Sharp knife



#### Method:

1. Add the olive oil to the pan and heat. Fry the chicken for 8 minutes.
2. Add the chorizo sausage and fry for 1 minute
3. Remove the chicken and sausage from the pan and fry the onion until softened.
4. Stir in the rice and return the chicken and sausage to the pan. Pour in the chicken stock and the kidney beans
5. Cover and cook on a medium heat for 10 minutes, or until the rice is cooked.
6. Finish with a sprinkle of thyme.

To add extra flavour and colour to this dish why not add some peas or a selection of different coloured peppers!

### Easy Sweet and Sour Pork (Serves 4)

#### Ingredients:

- 500g pork strips
- 200g green beans
- 4 tbsp mango chutney
- 1 tbsp wine vinegar
- 1 tbsp water
- 200g rice
- Broccoli
- 1 tbsp olive oil

#### Equipment:

- Wok
- Pans
- Knife
- Chopping board
- Spoons



#### Method:

1. Cook the rice as per the packet instructions.
2. Cook the broccoli in water until al dente.
3. Heat the olive oil in a pan and stir fry the pork until cooked. Add the green beans
4. Whilst the pork is cooking, mix the mango chutney, wine vinegar and water together.
5. Add the mango sauce to the pork and beans before serving.
6. Serve with rice and broccoli.