



CHICKEN, PEAR & WALNUT BROWN RICE SALAD

with Vinaigrette



Master a
simple vinaigrette



Brown Rice



Pear



Red Cabbage



Carrot



Walnuts



Free Range Chicken
Breast



Baby Spinach Leaves

Pantry Staples



Water



White Wine Vinegar




Balsamic Vinegar



Olive Oil

Hands-on: **15 mins**
Ready in: **35 mins**

 Eat me early

There's sugar, spice and everything nice in this warm salad, where autumn flavours abound. Pear and carrot add a lovely sweetness, while walnuts bring out the natural nuttiness of the oh-so-good-for-you brown rice.

BEFORE YOU START

You will need: **sieve**, **medium saucepan** with a **lid**, **chef's knife**, **chopping board**, **vegetable peeler**, **box grater**, **medium ovenproof frying pan**, **tongs**, **baking dish**, **plate** and **small bowl** or **jar** with a **lid**. Let's start cooking the **Chicken, Pear & Walnut Brown Rice Salad with Vinaigrette**



1 COOK THE BROWN RICE

Preheat the oven to **200°C/180°C fan-forced**. Rinse the **brown rice** well. Place the rice and **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes**, or until rice is soft. Drain and return to the saucepan. Rinse with cold water.



2 GET PREPPED

Meanwhile, core and thinly slice the **pear**. Finely slice the **red cabbage**. Peel and grate the **carrot**. Roughly chop the **walnuts**. Set aside.



3 COOK THE CHICKEN

Heat a **dash** of **olive oil** in medium ovenproof frying pan over a medium-high heat. Season the **free range chicken breast** with **salt** and **pepper**, add to the pan and cook for **2 minutes** on each side, or until golden brown. Transfer the pan to the oven and cook for a further **10 minutes**, or until cooked through. Remove from the oven, transfer to a plate and set aside to rest for **5 minutes**. Slice into 1 cm thick pieces. **TIP:** If you don't have an ovenproof frying pan, cook the chicken in a regular frying pan and transfer to a baking dish to finish in the oven.



4 COOK THE VEGGIES

While the chicken is resting, heat a **dash** of **olive oil** in a large frying pan over a high heat. Add the **pear** and cook for **1-2 minutes** on each side until lightly golden. Set aside on a plate. Add the **red cabbage**, **carrot**, **white wine vinegar** and a generous seasoning of **salt** and **pepper** to the pan. Cook for **3 minutes**, or until the cabbage softens slightly. Remove from the heat. Add the **baby spinach leaves**, **brown rice** and **walnuts** to the pan and season to taste with **salt** and **pepper**.



5 PREPARE THE VINAIGRETTE

Combine the **balsamic vinegar**, **olive oil** and a pinch of **salt** and **pepper** in a small bowl or jar with a lid. Stir or shake until well combined. Set aside.

We recommend making extra, sealing in a jar and storing in the fridge for up to 2 weeks to use on your favourite salads.



6 SERVE UP

Divide the pear and walnut brown rice salad between bowls. Top with the chicken and drizzle with the vinaigrette.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
brown rice	1 packet (¾ cups)	2 packets (1 ½ cups)
water*	3 cups	6 cups
pear	1	2
red cabbage	1 portion	2 portions
carrot	1	2
walnuts	1 packet (¼ cup)	2 packets (½ cup)
free range chicken breast	2 fillets	4 fillets
white wine vinegar*	2 tsp	1 tbs
baby spinach leaves	1 bag	2 bags
balsamic vinegar*	1 tbs	2 tbs
olive oil*	1 tbs	2 tbs

*Pantry Items | [Ingredient features in another recipe](#)

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3530kJ (843Cal)	364kJ (87Cal)
Protein (g)	49.9g	5.2g
Fat, total (g)	36.0g	3.7g
- saturated (g)	6.0g	0.6g
Carbohydrate (g)	74.7g	7.7g
- sugars (g)	17.4g	1.8g
Sodium (g)	182mg	19mg

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