

Chicken Breast with Basmati Rice and Broccoli



Nutrition Facts

Amount Per Serving

Calories	520 kcal
Protein	47 g
Carbohydrate	80 g
Fat	4 g
Dietary Fiber	5 g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 180g Chicken breast
- 100g Basmati rice
- 50g Broccoli (frozen)
- Paprika powder
- Garlic powder
- Pepper
- Salt

Preparation:

Boil basmati rice in 200ml salted water (ratio 2:1) for 10-12min (until the water is gone). Roast chicken breast and frozen broccoli for about 10-12min (medium heat) and flavor it with paprika powder, garlic powder, salt and pepper. Serve the chicken breast with basmati rice and broccoli. Enjoy and stay fit!