

Lebanese Rice and Chicken (April 2006)

Serves 4-6 | Prep time: 7 minutes | Cook time: 40 minutes

2 tablespoons olive oil
½ medium onion, diced
½ teaspoon sea salt
4 cups chicken stock
1 teaspoon sumac
2 teaspoons cumin
½ teaspoon cinnamon
2 cups brown jasmine rice

2 boneless, skinless chicken breasts
1 tablespoon olive oil
½ teaspoon sea salt
½ teaspoon ground black pepper

½ cup pine nuts

1. Pre-heat oven to 350°F.
2. Place a large skillet on medium heat. Add olive oil onions and salt when skillet is hot.
3. Sauté until onions become translucent.
4. Add chicken stock, sumac, cumin, cinnamon and rice.
5. Bring to a boil and reduce to low heat. Let simmer for 35-40 minutes.
6. Cube chicken into 1 inch squares pieces and place in a medium baking dish.
7. Brush olive oil over chicken and sprinkle with salt and pepper.
8. Cover with aluminum foil and bake for 20 minutes or until done – oven temperatures may vary.
9. In small frying pan, toast nuts at medium heat and set aside.
10. When rice and chicken and rice are done, combine in a large serving dish.
11. Sprinkle with pine nuts and serve.