

## Ingredients

1 package  
**UNCLE BEN'S® BISTRO EXPRESS®  
BASMATI CILANTRO  
& LIME FLAVOUR**

3 tablespoons (45 mL)  
**Fresh lemon juice**

3 tablespoons (45 mL)  
**Olive oil**

1/2 teaspoon (2.5 mL)  
**Salt**

1/4 teaspoon (1 mL)  
**Ground black pepper**

1 clove  
**Garlic, minced**

4, 4 oz. (4x125 g)  
**Boneless, skinless chicken  
breasts**

4 cups (1 L)  
**Fresh vegetables in 1"  
pieces – onion, zucchini,  
pepper, mushrooms**

Vegetarian option  
**Meatless chicken,  
more veggies, or tofu**

# Zesty Lemon Chicken & Rice



A tangy lemon dressing makes for a fresh marinade for the chicken, keeping it juicy and flavourful.

 Makes 4 servings  
(1 chicken breast, 1/2 cup rice)

 Prep: 15 minutes Cook: 20 minutes  
Total: 35 minutes



- 1 Prepare grill.
- 2 Combine the lemon juice, olive oil, salt, pepper and garlic in a large bowl. Transfer half of the lemon mixture to a large zip-top plastic bag; place remaining lemon mixture in bowl. Add chicken breasts to bag, seal, and turn to coat. Add vegetables to bowl and toss to coat. Let stand 15 minutes.
- 3 Remove vegetables from bowl, discarding marinade and place in a grilling basket. Add basket to prepared grill, stirring occasionally until vegetables are tender-crisp about 20 minutes. Remove chicken from bag and discard marinade. Grill chicken, covered, over medium heat for 5-8 minutes on each side or until a thermometer reads 170°. Remove from heat and keep warm.
- 4 Prepare rice according to package directions. Serve chicken with vegetables and rice.

Note: Nutrition facts based on ingredients in the recipe description and do not include side dishes shown in photography.

## Nutrition Facts\*

Per serving

<b>Calories</b> 380	<b>Cholesterol</b> 75 mg (25% DV)	<b>Protein</b> 30 g
<b>Calories from Fat</b> 120	<b>Sodium</b> 500 mg (21% DV)	<b>Vitamin A</b> 45%
<b>Total Fat</b> 13 g (20% DV)	<b>Carbohydrate</b> 35 g (12% DV)	<b>Vitamin C</b> 160%
<b>Saturated Fat</b> 2.5 g (10% DV)	<b>Dietary Fibre</b> 2.5 g (10% DV)	<b>Calcium</b> 5%
<b>Trans Fat</b> 0 g	<b>Sugars</b> 8 g	<b>Iron</b> 14%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

