

# **Succulent Roasted Chicken Breasts with Confetti Rice**

**For the chicken:**

**4-6 plump full chicken breasts skin on, cleaned, room temperature  
1/4 cup good olive oil  
1 teaspoon salt  
3/4 teaspoon black pepper  
3-4 shakes of rosemary**

**Confetti Rice:**

**1 peeled, chopped onion  
2-3 tablespoons canola or other vegetable oil  
15 cleaned, sliced mushrooms  
1 red pepper, washed and chopped  
1 ear of cooked corn or 1/2 cup frozen or canned drained corn  
1 teaspoon salt  
pinch black pepper  
pinch red pepper flakes (optional)  
1 1/3 cups basmati rice  
2 2/3 cups boiling water  
1 cup frozen broccoli, defrosted and sliced into smaller florets**

**Preheat oven to 400 F/200 C. Take clean chicken breasts and place on parchment lined rimmed baking sheet. Drizzle with olive oil and rub all over chicken and sprinkle with salt, pepper and rosemary. Let sit until oven comes to temperature. As soon as it does, put chicken in oven and time for 25 minutes for smaller skin covered chicken breasts, 35 minutes for big plump chicken breasts.**

**Now prepare the rice. In a pot with a lid, big enough to hold all the ingredients, saute the onion in the oil till light yellow and add mushrooms, cook till a bit wilted and add pepper, corn, salt and black pepper and red pepper if using, stir and cook till coated with oil. Take the rice and boiling water and add to the pot, stirring well. Cover the pot and put on a timer for 15 minutes. Don't forget your chicken and keep an eye/ear out for it. As soon as rice is cooked for 15 minutes place broccoli florets on top of rice mixture in pot, close pot again tightly and cook 5 more minutes. Turn of flame let steam a bit.**

**Check chicken after 25/35 minutes depending on how big the chicken breasts are and test with wooden toothpick. If juices run red or pink, cook an additional 5 minutes. If they run yellow/clear, immediately remove, cover with tin foil and let rest. If the extra 5 minutes are needed, when done, remove and let rest covered as before. Chicken should be completely cooked but moist and succulent. Slice chicken and plate and serve with a nice sized scoop of fluffy confetti rice on the side.**