TAYLOR & COLLEDGE

Rose & Pistachio Chicken Breast



Preparation: 40 mins
Portions: 4-4 Portions

Ingredients

Meat

600 - 800 g Chicken Breast 4 breasts
100 g Greek Yoghurt
1 tbsp Taylor & Colledge Rose Flavouring
1 tbsp Lemon Juice
Clove Garlic
pinch ground black pepper
pinch Salt
1 tbsp Olive Oil

Rice

250 g Basmati Rice
1 tsp Saffron

Topping

50 g Pistachios
1 pinch Rose Petal

Preparation

1. Marinate the chicken breasts by combining Greek yogurt, Taylor & Colledge Rose Extract, lemon juice, garlic, black pepper, and salt in a bowl. Coat the chicken well and let it marinate for at least 30 minutes in the fridge. This will infuse the chicken with floral and zesty notes.
2. Preheat your oven to 200°C. Spread the shelled pistachios on a baking sheet and roast for about 5 minutes until aromatic, then roughly chop them. Meanwhile, in a saucepan, soak the saffron in 2 tablespoons of warm water for 5 minutes.
3. Rinse the basmati rice until the water runs clear. In a pot, bring water to a boil, add the rice, saffron mixture, salt, and cook at a simmer until fluffy (about 15 minutes). Fluff with a fork and place to the side, keeping warm.
4. Heat olive oil in a skillet over medium-high heat. Sear the marinated chicken breasts for 2-3 minutes each side until golden. Transfer to the oven and bake for 12 minutes or until fully cooked through. Let rest, then slice.
5. To serve, mound saffron rice on serving plates, top with sliced chicken breast, and sprinkle with roasted chopped pistachios and fresh rose petals for garnish, if desired. Enjoy this elegant, aromatic main course!