

Chicken Supremes & Broccolini

with Forbidden Rice, Pepitas, & Mustard Sauce

In ancient China, black rice was served exclusively to the emperor (the general population was not allowed to eat it), hence the name “forbidden rice”. High in iron, zinc, amino acids, and nutty, earthy flavor, black rice is the perfect addition to this recipe. Broccolini and a tangy Dijon mustard sauce cut the nutty richness of the rice to complete this tasty dish.



Ingredients

- 2 Garlic Cloves
- 1 Bunch Tarragon
- 1 Shallot
- ½ Bunch Broccolini
- 1 ½ Ounces Chicken Demi-Glace
- ½ Cup Forbidden Black Rice
- ¼ Cup Pepitas
- 2 Chicken Supremes
(Bone-in, Skin-On, Breasts)
- 2 Tablespoons Dijon Mustard



Makes 2 Servings
About 675 Calories Per Serving

Instructions



1

Prepare the ingredients:

Wash and dry the fresh produce. Heat 2 medium pots of salted water to boiling on high. Trim off about 1 inch from the ends of the broccolini to remove the woody stems. Peel and mince the garlic and shallot. Roughly chop the tarragon. Combine the chicken demi-glaze with $\frac{1}{2}$ **cup of hot water**.



2

Cook the rice:

To the 1st pot of boiling water, add the **black rice**. Cook for 27 to 29 minutes, or until tender. Drain thoroughly and return to the pot. Drizzle with olive oil and season with salt and pepper to taste. Loosely cover to keep warm and set aside.



3

Blanch the broccolini:

To the 2nd pot of boiling water, add the **broccolini**. Cook 2 to 3 minutes, or until tender. Remove the broccolini from the pot and run under cold water to stop the cooking process. Roughly chop and set aside.



4

Toast the nuts:

While the rice cooks, place the **pepitas** in a large pan with **1 teaspoon of olive oil** and toast over medium-high heat for 2 to 3 minutes, or until slightly browned and toasted, stirring occasionally. (Be careful as the pepitas may pop as they cook!) Season with salt and pepper and transfer to a paper towel-lined plate. Wipe out the pan.



5

Cook the chicken:

Season the **chicken** with salt and pepper on both sides. In the same pan used to toast the pepitas, heat 2 teaspoons of olive oil over medium until hot. Add the chicken, skin side down, and cook for 5 to 7 minutes per side, or until the skin is browned and crispy and the chicken is cooked through. (Loosely cover with a piece of aluminum foil to help the chicken cook faster.) Transfer the chicken to a plate, leaving any drippings in the pan. Cover the chicken with aluminum foil to keep warm.



6

Make the sauce & plate your dish:

To the pan with the drippings from the chicken, add 1 teaspoon of olive oil and heat on medium-low until hot. Add the **shallot** and **garlic** and cook for 1 to 2 minutes, or until soft and fragrant. Add the **diluted chicken demi-glaze** and **mustard**; cook for 1 to 2 minutes, or until thickened. Add **all but a pinch of the chopped tarragon** (reserve the rest for garnish) and season with salt and pepper to taste. To plate your dish, stir the **pepitas** and **chopped broccolini** into the rice, then divide between 2 plates. Slice each chicken supreme crosswise, adding any juices from the cooked chicken to the sauce. Top each plate with the chicken and a few spoonfuls of **sauce**. Garnish with the **remaining tarragon**. Enjoy!