



Warm mushroom, chicken and fig pilaf

Ready in 30 minutes

Serves: 6

- 1 1/2 cups basmati rice, rinsed
- 1 /4 cup olive oil
- 6 green onions, thinly sliced
- 300g button mushrooms, sliced
- 200g dried dessert figs, chopped
- 2 oranges, rind finely grated, juiced
- 1 1/2 cups shredded cooked chicken (see Quick tip)
- 1 cup roasted salted cashew nuts
- 1 /2cup flat-leaf parsley, chopped

1. Cook rice following the absorption method on the packet. Rinse under cold water. Drain.
2. Heat a large non-stick frying pan over medium-high heat. Add 1 1/2tbs oil, green onions and mushrooms to the frying pan and cook, stirring occasionally, for 3 minutes until mushrooms are tender. Add figs, orange rind and 2 tbs juice and cook for 30 seconds.
3. Add chicken, rice and cashew nuts and toss gently over low heat until well combined.
4. Whisk remaining oil, orange juice, parsley and season with salt and pepper together. Drizzle over the salad and serve warm.

Quick tip: One barbecue chicken or 3 small chicken breasts, pan-fried, will give you 1 1/2 cups shredded chicken.