

Loaded Peri Peri and Chicken Salad
RECIPE

Loaded Peri Peri and Chicken Salad



<?xml version="1.0"?>

TIME

35 min

INGREDIENTS

13 items

MAKES

4 servings

Portuguese-style peri-peri sauce adds flavor and heat to this loaded chicken salad enhanced by bright lemon, sweet honey and fresh parsley.

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INGREDIENTS

- 1 lb. chicken drumsticks
- 1/3 cup peri-peri sauce
- 3 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tbsp chopped fresh parsley

- 1 tbsp liquid honey
- 1/4 tsp salt
- 1/4 tsp black pepper
- 4 cobs of corn, shucked
- 1 pouch (8.8 oz each) Ben's Original™ Ready Rice™ Roasted Chicken Flavored Rice
- 6 cups mixed salad greens
- 1 cup halved cherry tomatoes
- 1/2 cup thinly sliced red onion

PRODUCTS USED



BEN'S ORIGINAL™ READY RICE™ Roasted Chicken Flavored Rice

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INSTRUCTIONS

- 1
Preheat oven to 425°F. Line baking sheet with foil.
- 2
Toss chicken drumsticks with peri-peri sauce in medium bowl. Arrange on prepared baking sheet.
- 3
Bake for 30 to 35 minutes or until instant-read thermometer registers 165°F when inserted into thickest part of a drumstick. Increase heat to broil.
- 4
Meanwhile, whisk together oil, lemon juice, parsley, honey, salt and pepper in small bowl.
- 5
Push chicken to one side of baking sheet. Arrange cobs of corn on empty side.
- 6
Broil, turning once, for 4 to 6 minutes until both chicken and corn are charred. Cut each cob into 4 pieces.
- 7
Meanwhile, prepare rice according to package directions.
- 8
Divide rice evenly among 4 serving plates. Create mounds of chicken, corn, mixed greens, tomatoes and onion over rice. Drizzle with lemon vinaigrette.
9. *
Tips: For an added spicy kick, top with drained pickled hot pepper slices if desired.
10. *
Peri-peri sauce can be found in the international or sauces section in most major supermarkets.

NUTRITION

- CALORIES: 440
- TOTAL FAT: 19g

- SATURATED FAT: 3.5g
- TRANS FAT: 0g
- SODIUM: 600mg
- TOTAL CARBOHYDRATES: 51g
- DIETARY FIBER: 5g
- TOTAL SUGARS: 16g
- PROTEIN: 20g

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Cooking time

20

Ingredients

10 items

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Cooking time

35 Minutes

Ingredients

10 items

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Cooking time

15 minutes

Ingredients

9 items

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[Brown Rice & Apple Salad](#)

Cooking time

20 minutes

Ingredients

9 items

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