



# Millet with roasted broccoli and chicken breast



Categoria  
Carne



Tempo de preparação  
Médio



Dificuldade  
Fácil



Custo  
Intermediate



Com quem?  
With family



Nº de pessoas  
4 pessoas

## Ingredientes



To taste: Gallo Extra Virgin  
My First Olive Oil

- 100g of millet
- 200g of broccoli
- 1 chopped garlic clove
- Thyme, to taste
- Salt, to taste

## Method of preparation

1

Cook the millet according to the instructions on the package with a little bit of salt.

2

Place the broccoli in florets on a baking tray. Season with garlic, thyme, salt and a drizzle of Gallo Extra Virgin My First Olive Oil.

3

Cook it for approx. 15 minutes in an oven preheated to 190°C.

4

Boil the chicken breast in water with a little bit of salt.

5

Shred the chicken, add to the millet and then wrap the broccoli florets.

6

Finish with a little more Gallo Extra Virgin My First Olive Oil.

*Produtos utilizados*



*My First Olive Oil*  
Extra Virgin Olive Oil



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