



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



Mais receitas em

www.galloportugal.com

© 2024 Todos os direitos reservados à Gallo Worldwide