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## Ingredients

- 2 tablespoons olive oil
- ½ kg boneless skinless chicken breasts, cut into 4cm pieces
- 4 cloves garlic, finely chopped
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 cup uncooked long-grain white rice
- 2 ½ cups chicken broth
- 2 cups fresh french beans
- ½ cup heavy whipping cream



## Preparation Method

1. Light your **Envirofit SuperSaver Charcoal Jiko** using little charcoal.
2. In a deep nonstick skillet, heat oil over medium heat by slightly closing the **SuperSaver** air regulator. Add chicken, garlic, salt and pepper; cook 5 to 7 minutes, stirring occasionally, until chicken is browned.
3. Add rice and chicken broth. Heat to boiling. Cover; cook 10 to 15 minutes, stirring occasionally, until almost all of liquid is absorbed.
4. Stir in french beans and whipping cream. Cover; simmer 5 to 6 minutes or until thickened and beans are tender.
5. Serve to your family and see them enjoy and want more!

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