

# MP'S HAPPY TO SPICE THINGS UP FAVOURITE DISH QUICK, HEALTHY

Andriana Simos \*

WOLLONDILLY state Liberal MP Jai Rowell has a secret passion for healthy eating and is urging the community to unleash its inner master chef during Healthy Weight Week this week.

Mr Rowell encouraged people to make small changes to their lifestyle habits to improve their overall health.

"Residents can get involved by undertaking the cooking pledge during the seven days of Healthy Weight Week," he said.

"For cooking inspiration and tips, a free cookbook is available for participants with recipes including rocket salad and tahini yoghurt, cajun chicken burgers and pumpkin and pesto pasta."

Mr Rowell suggested his healthy dish of allspice chicken with chimichurri and brown rice as a healthy meal option.

"It is a dish jam-packed with flavour and my family and I love to cook it with fresh ingredients from our vegetable garden.

"The recipe has 16 ingredients and it's just really important to get

## GLOBAL KITCHEN



the right amount of spices because otherwise the dish can be over spiced.

"One good thing about it though is that the dish is really quick to make. You can cook the chicken while the rice is boiling and everything is on the table pretty quickly."

The 39-year-old father said the dish also gave him a chance to spend time with his family after a busy day of politics.

"My family and I enjoy cooking because it brings us together as a family where we can chat about our days," he said.

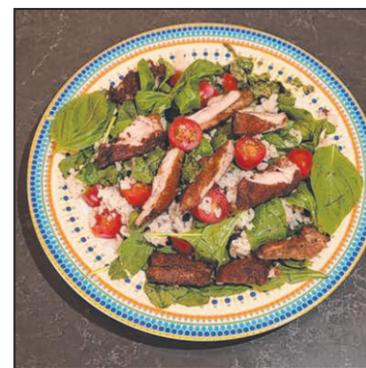
"I really believe it is important to spend time cooking with my kids and teaching them healthy habits which they can pass on to their own children."

For more information, visit [healthyweightweek.com.au](http://healthyweightweek.com.au).

\* Andriana Simos is an intern from the University of NSW



Jai Rowell prepares his tasty and healthy allspice chicken with chimichurri and brown rice.



Allspice Chicken with Chimichurri and Brown Rice

### Ingredients

¾ cup brown rice, 4 spring onions, finely sliced, 2 tbsp currants, 4 tbsp red wine vinegar, 2 cups baby spinach, 1 punnet cherry tomatoes, halved, 1 bunch basil leaves, 3 tsp ground cumin, 2 tsp extra virgin olive oil, 2 tsp allspice, 2 tsp olive oil, 8 chicken tenderloins, 2 bunches asparagus, 1 long red chilli, finely sliced, 3 garlic cloves, finely sliced

### Method

1. Place rice in small saucepan, cover with hot water and bring to the boil. Reduce heat to simmer and cook for 20-25 minutes. Stir through spring onion, currants, cherry tomatoes, 2 tsp vinegar and baby spinach.
2. To make chimichurri, finely chop basil and combine in bowl with 2 tsp cumin, olive oil and remaining 2 tsp of vinegar.
3. Rub remaining cumin and allspice over chicken. Heat large frying pan with olive oil. Cook over high heat for 2-3 minutes each side. Remove chicken from pan and add asparagus, chilli and garlic. Cook for 2-3 minutes or until asparagus is bright green and lightly charred.
4. Serve chicken and asparagus on rice with chimichurri to top.

Picture: ROBERT POZO

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