



# ROAST QUAIL AND RICE

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Prep: 10 mins  
Total: 45 mins  
Serves: 4 ppl

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# Ingredients

4 strips, Aloes Meats Bacon (halved)  
8 Aloes Meats Quail (about 900g)  
1 cup shredded carrots  
1/2 cup sliced green onions  
1/2 cup minced fresh parsley  
2,5 cups chicken broth  
1 cup uncooked long grain rice  
1/2 teaspoon salt  
1/4 teaspoon lemon-pepper seasoning

## Method

1. In a large skillet over medium heat, cook bacon until partially done.
2. Remove bacon; drain, reserving 2 tablespoons drippings.
3. Brown quail in drippings.
4. Remove and keep warm.
5. Sauté carrots, onions and parsley in drippings until tender.
6. Add broth, rice, salt and lemon-pepper; bring to a boil.
7. Place quail over rice; place one bacon strip on each. Reduce heat; cover and simmer for 25-30 minutes or until the rice is tender and quail is cooked.

