



JERNEJ KITCHEN

ONE POT CHICKEN AND RICE

One Pot Chicken and Rice is a delicious weeknight meal made in the oven. This tasty family dinner is hands-off mainly and incredibly flavorful.

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| SERVES | 4 | PEOPLE |
| PREPARATION: | 10 | MINUTES |
| COOK: | 20 | MINUTES |
| BAKE: | 45 | MINUTES |
| TOTAL TIME: | 1 | HOUR 15 MINUTES |

ONE POT CHICKEN AND RICE

6 chicken thighs, skin-on, bone-in

1 tbsp olive oil

2 red bell peppers

1 onion

2 tomatoes

1 tsp Vegeta Natur paste basil or pesto genovese

1 tsp Vegeta Natur paste garlic or 1 tsp minced garlic

300 g (10.5) oz long grain rice

50 ml (1/4) cup white wine

400 g (14 oz) canned whole peeled tomatoes

360 ml (1 1/2 cup) water

TOOLS AND EQUIPEMENT Sponsored

bowl

large cast iron skillet (30cm / 12-inches)

parchment paper

aluminium foil

MEAT

Add the chicken thighs to a bowl and season with salt and pepper. Toss to combine and set aside.

SEAR THE MEAT

Place a large cast iron (or other oven-safe) pan over medium heat. Add the oil and chicken thighs skin side down to the pan. Sear the meat for 3 - 4 minutes on each side or until golden and crispy. Transfer to a plate and continue cooking in the same pan.

VEGETABLES

Remove the seeds from the bell peppers and cut them into small cubes. Peel the onion and dice it. Place the same cast iron skillet over medium heat and add the bell peppers and onion. Sauté for 2 - 3 minutes. Cut the tomatoes into small cubes and cook for 3 minutes. Add the Vegeta basil and garlic paste, or use [pesto genovese](#) and minced garlic. Stir to combine. Place a rack in the middle of the oven and preheat it to 190 °C or 375 °F.

RICE

Add the rice to the vegetables in the pan. Cook for 2 minutes, then add the white wine and canned whole peeled tomatoes. Stir and cook for 3 minutes for the alcohol to evaporate. Pour in water and bring to a boil. Add the seared chicken on top (with the skin side up) and remove from the heat. Cover with a sheet of parchment paper and a sheet of aluminium foil.

BAKE

Place the One Pot Chicken and Rice in the preheated oven.

Bake for 45 - 50 minutes at 190 °C or 375 °F. Remove the dish from the heat and sprinkle with fresh basil or chopped parsley before serving.