

Choco Fever Dream

Smothered Chicken and Rice Recipe

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 bone-in, skinless chicken thighs
- [ ] 1 cup long grain rice
- [ ] 2 cups low-sodium chicken broth
- [ ] 1 cup heavy cream
- [ ] 1 medium onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp butter
- [ ] 2 tbsp all-purpose flour
- [ ] 1 tbsp olive oil
- [ ] 1 tsp dried thyme
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp honey
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Season the chicken thighs with salt, pepper, and thyme. Heat olive oil in a deep skillet over medium-high; brown the thighs on both sides, then set aside.
2. In the same pan, melt butter, add the diced onion and sauté until translucent, then stir in garlic and cook another minute.
3. Sprinkle flour over the vegetables, whisk to form a smooth roux, and cook for about 2 minutes to eliminate the raw flour taste.
4. Gradually whisk in the chicken broth, ensuring no lumps form. Bring to a gentle boil, then lower the heat.
5. Add the rice, return the browned chicken thighs to the pan, cover, and let simmer for 20-25 minutes, or until the rice is tender and the chicken is cooked through.
6. Stir in the heavy cream, lemon juice, and honey. Taste and adjust seasoning. If you'd like a bit of extra flavor, check out our zesty street corn recipe for inspiration. Serve hot, perhaps with a side of bang bang snack for contrast.

Nutrition per serving

420 kcal	30 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Allow the dish to rest 5 minutes before serving so the sauce thickens.
- If the sauce is too thick, add a splash more broth.
- For a spicier version, stir in a pinch of cayenne or serve with bang bang sliders on the side.