

Choco Fever Dream

# One-Pan Chicken and Rice Bake – Quick & Easy

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| **15 min**<br>Prep time | **30 min**<br>Cook time | **45 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 4 bone-in, skinless chicken thighs, cut into bite-size pieces
- [ ] 1 cup long grain white rice, rinsed
- [ ] 2 cups low-sodium chicken broth
- [ ] 1 cup carrots, diced
- [ ] ½ cup frozen peas
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried thyme
- [ ] ½ tsp smoked paprika
- [ ] Salt and pepper to taste
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp honey

### For the Topping

- [ ] 2 tbsp grated Parmesan cheese (optional)
- [ ] Fresh parsley, chopped

## Instructions

1. Preheat the oven to 375°F (190°C). Lightly grease a 9-x-13-inch baking dish.
2. In a large skillet, heat olive oil over medium-high heat. Season chicken pieces with salt, pepper, thyme, and paprika, then sear until golden on all sides, about 4 minutes. Transfer chicken to a plate.
3. Add carrots to the same skillet, sauté for 2 minutes, then stir in the rice, letting it toast lightly—this builds a nutty base.
4. Spread the rice and carrots in the prepared baking dish. Sprinkle peas over the top, then return the chicken pieces, arranging them evenly.
5. Mix chicken broth, lemon juice, and honey; pour over the entire pan, ensuring the liquid covers the rice. Cover tightly with foil.
6. Bake for 20 minutes, then remove foil, sprinkle Parmesan if using, and bake uncovered another 10-12 minutes until the rice is tender and the top is lightly browned.
7. Let rest for 5 minutes, garnish with fresh parsley, and serve warm.

### Nutrition per serving

| 420 kcal | 30 g | 38 g | 14 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If you prefer a richer flavor, replace half the broth with cream.
- For extra veggies, add sliced bell peppers or zucchini during step 3.
- A quick drizzle of extra lemon juice right before serving brightens the whole dish.