



Choco Fever Dream

One-Pot Chicken and Rice Recipe

15 min
Prep time

4
Servings

25 min
Cook time

Easy
Difficulty

40 min
Total time

American
Cuisine

Ingredients

Main Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 4 bone-in skin-less chicken thighs, seasoned with salt and pepper
- ☐ 1 medium onion, diced
- ☐ 3 cloves garlic, minced
- ☐ 1 red bell pepper, diced
- ☐ 1 cup long-grain white rice
- ☐ 2 cups low-sodium chicken broth
- ☐ 1 cup diced carrots

- ☐ 1 cup frozen peas

Herbs and Seasoning

- ☐ 1 teaspoon dried thyme
- ☐ 1 teaspoon paprika
- ☐ 1/2 teaspoon dried oregano
- ☐ 1 bay leaf

Garnish

- ☐ 1/4 cup grated Parmesan cheese, optional
- ☐ Fresh parsley, chopped, for garnish

Instructions

- 1 Start by heating your olive oil in the skillet over medium heat. Now, pat those seasoned chicken thighs dry—really make sure they're dry so they brown nicely—and sear them for about 2–3 minutes on each side. Once they look lovely and golden, just remove them and set them aside for a bit.
- 2 In that same pan, go ahead and add your diced onion, garlic, and red bell pepper. Sauté them, stirring every now and then, until they've softened up, which usually takes about 4 minutes. It smells just wonderful at this point.
- 3 Stir in the rice, diced carrots, thyme, paprika, oregano, and that little bay leaf. Let the rice toast for 1–2 minutes; you want it to lightly brown, which honestly adds so much depth to the flavor.
- 4 It's time to bring the chicken thighs back into the skillet. Pour in your chicken broth and bring everything to a gentle boil.
- 5 Turn the heat down to low, pop the lid on, and let it simmer for 15 minutes. Now, look, try your best not to lift the lid; it lets the steam out and can really mess with the cooking time.
- 6 After those 15 minutes are up, stir in the frozen peas. Put the lid back on and simmer for another 5 minutes, or until the rice is tender and has soaked up all that broth.

- 7 Use a meat thermometer to check the internal temperature of the chicken; we're looking for 165°F (74°C). If it's not quite there, just give it a couple more minutes.
- 8 Take the pan off the heat. Sprinkle that grated Parmesan over the top if you're using it, and let the whole dish rest for about 3 minutes.
- 9 Fluff the rice gently with the back of a spoon, then just slide those chicken thighs to the side to make a little room.
- 10 Serve it up while it's hot, garnished with some freshly chopped parsley. Simple and comforting.

Nutrition per serving

420 kcal

Calories

32 g

Protein

34 g

Carbs

18 g

Fat

Tips & notes

- Make sure to pat the chicken dry for a better sear.
- Avoid lifting the lid during the simmering process to maintain steam.
- Letting the dish rest for a few minutes improves the final texture.