

The Best Chicken and Rice



Recipe courtesy of Food Network Kitchen

Level: Easy

Yield: 4 to 6 servings

Total: 55 min

Active: 30 min

Ingredients:

2 tablespoons canola oil
4 to 6 bone-in, skin on chicken thighs (about 6 ounces each)
1/2 teaspoon paprika
Kosher salt and freshly ground black pepper
4 medium carrots (about 12 ounces), sliced into 1/4-inch rounds
3 stalks celery (about 9 ounces), sliced 1/4-inch thick
2 large shallots (about 4 ounces), finely diced
2 cloves garlic, minced
1 tablespoon fresh thyme leaves, chopped
1 tablespoon fresh oregano leaves, chopped
2 teaspoons finely grated lemon zest plus 1 tablespoon lemon juice
1 cup long-grain rice
4 cups low-sodium chicken stock
1 tablespoon chopped fresh chives

Directions:

- 1** Preheat the broiler. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Toss the chicken with the paprika, 1 teaspoon salt and a few grinds of pepper in a large bowl. Place the chicken skin-side down in the skillet and cook undisturbed until the skin is golden but not too dark, 4 to 5 minutes. Remove the chicken to a plate using a metal spatula and add the remaining 1 tablespoon oil to the skillet.
- 2** Add the carrots, celery and shallots to the skillet and cook, stirring occasionally, until softened but not yet turning golden, 4 to 5 minutes. Stir in the garlic, thyme, oregano, lemon zest, lemon juice, 1/2 teaspoon salt and a few grinds of pepper and cook just until you begin to smell the garlic, about 1 minute. Stir in the rice and cook undisturbed until lightly toasted, about 2 minutes. Pour in the broth, add 1/2 teaspoon salt and stir to combine, then add the chicken thighs back to the pan, skin-side up. Bring the liquid to a boil then cover, reduce the heat to a simmer and cook until the rice is tender and the chicken is cooked through, 15 to 20 minutes.
- 3** Remove the lid from the pan and broil until the chicken skin is crispy and golden, 2 to 3 minutes. Sprinkle with the chives.



Copyright 2020 Television Food Network, G.P. All rights reserved.