

Recipe

# ONE-PAN LEMON CHICKEN WITH RICE



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# Recipe

- 2 tablespoons canola oil
- 4 to 6 bone-in, skin-on chicken thighs
- 1/2 teaspoon paprika
- Kosher salt and freshly ground black pepper
- 4 medium carrots, sliced into 1/4-inch rounds
- 2 cloves garlic, minced
- 1 tablespoon mixed herbs
- 2 teaspoons finely grated lemon zest plus 1 tablespoon lemon juice
- 1 cup long-grain rice
- 2 cups low-sodium chicken stock
- 1 tablespoon chopped fresh chives.

# Method

- **Prepare the chicken:**
- Heat 1 tablespoon of oil in a large skillet over medium-high heat. Toss the chicken thighs with paprika, 1 teaspoon of salt, and a few grinds of black pepper. Place the chicken skin-side down in the skillet and cook undisturbed for 4-5 minutes, until the skin is golden. Remove the chicken to a plate.
- **Cook the vegetables:**
- Add the remaining tablespoon of oil to the skillet. Stir in the sliced carrots and cook, stirring occasionally, for 4-5 minutes, until slightly softened.
- **Add flavor and toast rice:**
- Stir in the garlic, mixed herbs, lemon zest, and lemon juice. Cook for about 1 minute until fragrant. Add the rice and cook for 2 minutes, stirring occasionally, until lightly toasted.
- **Simmer with chicken:**
- Pour in the chicken stock, add 1/2 teaspoon of salt, and stir to combine. Return the chicken thighs to the pan, skin-side up. Bring the liquid to a boil, then cover, reduce the heat to a simmer, and cook for 15-20 minutes, until the rice is tender and the chicken is fully cooked.
- **Crisp the chicken:**
- Preheat the broiler. Remove the lid from the pan and broil for 2-3 minutes, until the chicken skin is crispy and golden.
- **Serve:**
- Sprinkle the dish with fresh chopped chives and serve warm.



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