

Helergon Kitchen

Chicken Thighs and Rice – Easy Weeknight One-Pot Meal

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Proteins & Grains

- [ ] 8 bone-in skin-on chicken thighs (about 1.5 lb)
- [ ] 1 cup long-grain white rice

Aromatics & Vegetables

- [ ] 1 medium yellow onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 carrot, diced
- [ ] 1 stalk celery, diced

Liquids & Pantry

- [ ] 1 cup low-sodium chicken broth
- [ ] 1 cup vegetable broth
- [ ] 1 tablespoon olive oil
- [ ] 1 bay leaf
- [ ] 1 teaspoon dried thyme
- [ ] 1/2 teaspoon paprika
- [ ] Salt, to taste
- [ ] Black pepper, to taste

Garnish

- [ ] Fresh parsley, chopped (for garnish)

Instructions

1. Start by seasoning those 8 bone-in skin-on chicken thighs with salt, pepper, and paprika. Honestly, the secret here is to pat them dry with paper towels first; it just helps the skin get that lovely crunch.
2. Warm up the 1 tablespoon olive oil in your large skillet over medium-high heat. Add four thighs skin-side down and let them sear until they're a beautiful golden brown, about 4–5 minutes, then just flip them and brown the other side for another 3 minutes.
3. Now, add the remaining four thighs skin-side up. Sear both sides until they're nicely browned, then remove all the chicken and set them aside for a bit. They aren't fully cooked yet, but they'll look wonderful.
4. In that same skillet—don't wash it, that's where the flavor is!—sauté your diced onion, carrot, and celery for 3–4 minutes until they've softened up nicely.
5. Stir in the minced garlic and dried thyme. Just cook them for about 30 seconds; once it smells fragrant in the kitchen, you're ready to move on.
6. Pour in the 1 cup long-grain white rice. Toss it around to coat it in the oils and toast for 2 minutes, stirring constantly, until those edges become translucent. It's a small step, but it makes such a difference.

7. Deglaze the pan with half a cup of the 1 cup low-sodium chicken broth, scraping up all those browned bits from the bottom. Then, pour in the rest of the chicken broth, the 1 cup vegetable broth, and a splash of water. Bring it all to a gentle boil.

8. Carefully return those browned chicken thighs to the skillet, nestling them right into the rice. Drop in the bay leaf, turn the heat down to low, cover with a lid, and let it simmer for 20 minutes until the rice is tender and the liquid is all gone.

9. During the last 5 minutes, just lift the lid to let the rice steam. Gently fluff it with a fork—don't overdo it, we want it light and airy.

10. Remove the bay leaf and give it a taste to see if it needs more salt or pepper. Fluff the rice one last time, sprinkle on that fresh parsley, and serve it hot. I personally love adding a fresh lemon wedge on the side.

Nutrition per serving

480 kcal	34 g	32 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- Let the finished dish rest for 5 minutes off the stove to let the flavors meld.
- Using low-sodium broth helps you control the salt levels better.
- Ensure the chicken is patted dry for the best sear.