

Helergon Kitchen

One-Pot Chicken and Rice

Effortless dinner that doesn't skimp on flavor. Everything simmers together in a single pan for maximum comfort. Perfect for those quiet weeknights.

15 min Prep time	**30 min** Cook time	**45 min** Total time
6 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs bone-in, skin-on chicken thighs, cut into 2-inch pieces
- [ ] 2 cups long-grain white rice, rinsed
- [ ] 1 large onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 1 red bell pepper, diced
- [ ] 1 cup frozen peas
- [ ] 1 (14.5 oz) can diced tomatoes, drained
- [ ] 4 cups low-sodium chicken stock

Seasonings & Pantry

- [ ] 1 tsp paprika
- [ ] 1/2 tsp dried thyme
- [ ] 1 bay leaf
- [ ] 1/2 tsp saffron threads, steeped in 2 Tbsp hot water
- [ ] Salt and freshly ground black pepper, to taste
- [ ] 3 Tbsp olive oil

For Serving

- [ ] Fresh parsley, chopped, for garnish
- [ ] Grated Parmesan cheese, for serving (optional)

Instructions

1. Start by heating 2 Tbsp olive oil in your large sauté pan or Dutch oven over medium-high heat. Just let it get nice and shimmering.
2. Now, season those chicken pieces with salt, pepper, paprika, and thyme. Brown them in the hot oil for about 4-5 minutes per side. You're looking for that lovely golden color, though they'll be almost cooked through.
3. Carefully remove the chicken and set it aside. In that same flavorful pan, toss in your diced onion, garlic, and bell pepper. Sauté them for about 3-4 minutes until they're soft and translucent.
4. Stir in the rinsed rice. I like to make sure every single grain is coated in that oil; toast it for 2 minutes until it turns a light golden color. It smells wonderful at this stage.
5. Stir in the drained diced tomatoes, the saffron-water mixture, and another pinch of paprika for extra color. Cook for just 1 minute to let those flavors get acquainted.
6. Pour in the 4 cups low-sodium chicken stock and tuck in the bay leaf. Bring the whole thing up to a gentle boil.

7. Return the browned chicken to the pan, nestling the pieces right into the liquid. Now, reduce the heat to low, cover it tightly, and let it simmer for 18-20 minutes. You'll know it's ready when the rice is tender and most of the liquid is gone.

8. Stir in the frozen peas, put the lid back on, and cook for another 2 minutes just until the peas are heated through.

9. Remove the bay leaf, fluff the rice gently with a fork, and give it a taste. Honestly, just add a bit more salt and pepper if you feel it needs it.

10. Serve it up hot, garnished with some chopped parsley and a sprinkle of grated Parmesan cheese if you're in the mood for it.

Nutrition per serving

480 kcal	32 g	38 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Rinsing the rice helps remove excess starch so it stays fluffy instead of gummy.
- Bone-in chicken adds a deeper flavor to the rice than boneless cuts ever could.
- The saffron provides a subtle, earthy aroma that really elevates the whole pot.