

Treasure Barrel

Chicken Thighs and Rice – Quick Easy Dinner

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Chicken and Seasoning

- [ ] 4 bone-in, skin-on chicken thighs
- [ ] 1 tsp dried thyme
- [ ] 1 tsp paprika
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper

Vegetables and Grains

- [ ] 1 cup long-grain white rice
- [ ] 1/2 cup diced carrots
- [ ] 1/2 cup diced celery
- [ ] 1 small onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp olive oil

Liquids and Aromatics

- [ ] 2 cups low-sodium chicken broth
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 bay leaf (optional)

Garnish

- [ ] 1 tbsp chopped fresh parsley (for garnish)

Instructions

1. First, pat those 4 bone-in, skin-on chicken thighs dry with some paper towels—honestly, the drier they are, the better the skin gets. In a small bowl, stir together your paprika, thyme, salt, and pepper. Rub that seasoning all over the chicken and just let them rest on the counter for about 10 minutes to wake up.

2. Heat up 1 tablespoon of olive oil in your large skillet over medium-high heat. Lay the chicken thighs skin side down and let them sear until they're a beautiful golden brown, which usually takes about 5–6 minutes. Flip them over and sear the other side for another 3–4 minutes. Once they look good, move the thighs to a plate and set them aside for a bit.

3. Using that same skillet—don't wash it, that's where the flavor is!—add another tablespoon of olive oil if it looks too dry. Toss in your diced onion, carrots, and celery. Stir them occasionally for about 5 minutes until they start to soften and smell wonderful.

4. Now, add in your minced garlic. It only needs about 30 seconds to get fragrant; just be careful not to let it burn, or it'll turn bitter.

5. Stir in the 1 cup long-grain white rice. I like to let it toast against the veggies for 1–2 minutes until the edges look a bit translucent. It adds such a lovely depth, yeah?

6. Pour in your 2 cups low-sodium chicken broth and stir everything together. If you have a bay leaf, pop it in now. Bring the whole mixture up to a boil.

7. Turn the heat down to low and put the lid on. Carefully nestle those seared chicken thighs back on top of the rice, skin side up. Let it simmer for 18 minutes. You're looking for fluffy rice and chicken that's reached 165°F internally.

8. Take the skillet off the heat and let it rest for 5 minutes—it's hard to wait, I know, but it's worth it. Gently fluff the rice with a fork, taste the sauce, and feel free to add a pinch more salt or pepper if you think it needs it.

Nutrition per serving

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

Tips & notes

- The bay leaf is optional, but it adds a subtle earthy note that really ties the broth and rice together.
- Patting the chicken dry is the secret to avoiding steamed skin; you want a proper sear.
- Letting the rice toast for a minute or two prevents it from becoming mushy during the simmer.