

Treasure Barrel

Creamy Peri Peri Chicken with Rice

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

Ingredients

For the Chicken and Rice

- [ ] 8 boneless, skinless chicken thighs (about 1.5 lbs)
- [ ] 1 cup long-grain white rice (basmati or jasmine)
- [ ] 1 medium onion, finely chopped
- [ ] 4 cloves garlic, minced
- [ ] 2 tablespoons olive oil
- [ ] 2 cups chicken broth
- [ ] Salt and black pepper to taste

For the Creamy Peri Peri Sauce

- [ ] 1/2 cup peri peri sauce (adjust to taste)
- [ ] 1 cup heavy cream
- [ ] 2 tablespoons fresh lemon juice
- [ ] 1 teaspoon smoked paprika
- [ ] 1/2 teaspoon dried oregano
- [ ] Fresh parsley for garnish

Instructions

1. Pat chicken thighs dry with paper towels and season generously with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Brown chicken on both sides until golden, about 4-5 minutes per side. Remove and set aside.

2. In the same skillet, add chopped onion and cook until softened, about 3 minutes. Add minced garlic and cook for another minute until fragrant. Stir in the rice and toast for 2 minutes, coating it in the oils.

3. Pour in chicken broth, scraping up any browned bits from the bottom of the pan. Return chicken to the skillet, nestling it into the rice mixture. Bring to a simmer, then reduce heat to low, cover, and cook for 20 minutes.

4. In a small bowl, whisk together peri peri sauce, heavy cream, smoked paprika, and oregano. After 20 minutes, uncover the skillet and pour the creamy mixture over the chicken and rice. Cover again and cook for another 5 minutes.

5. Remove from heat and let stand covered for 5 minutes. Stir in fresh lemon juice and check seasoning. Garnish with chopped parsley before serving. It's perfect alongside a simple sweet treat for dessert.

Nutrition per serving

480 kcal	35 g	32 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra flavor, marinate chicken in peri peri sauce for 30 minutes before cooking
- If sauce is too thick, thin with a little extra chicken broth or cream
- Leftovers make amazing filling for wraps or topping for salads