

Treasure Barrel

Oven Baked Chicken and Rice – Simple Comfort Meal

15 min Prep time	**45 min** Cook time	**1 h** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 bone-in, skin-on chicken thighs
- [ ] 1 ½ cups long-grain rice
- [ ] 2 ½ cups low-sodium chicken broth
- [ ] 2 tbsp olive oil
- [ ] 1 medium onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp smoked paprika
- [ ] ½ tsp dried thyme
- [ ] Zest of 1 lemon
- [ ] Salt and pepper to taste

Instructions

1. Preheat the oven to 375°F (190°C). Pat the chicken thighs dry, rub with olive oil, sprinkle with salt, pepper, paprika and thyme.
2. In a skillet over medium heat, sear the thighs skin-side down until golden, about 4 minutes; set aside.
3. In the same skillet, sauté onion and garlic until softened, then stir in the rice, coating it with the seasoned oil.
4. Transfer the rice mixture to a baking dish, add the broth, arrange the seared chicken on top, and scatter lemon zest.
5. Cover tightly with foil and bake for 30 minutes, then remove foil and bake an additional 10-12 minutes until the rice is tender and the chicken skin is crisp.
6. Let rest 5 minutes before serving; garnish with fresh parsley if desired.

Nutrition per serving

420 kcal	28 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a deeper caramelization, broil the chicken for the last 2 minutes.
- A pinch of saffron in the broth adds a subtle golden hue and aroma.
- For a creamier texture, stir in a tablespoon of butter at the end.