

Baked Chicken and Rice



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Recipe by: Laura Vitale

Serves 6

Prep Time: 15 minutes

Cook Time: 1 hours 15 minutes

Ingredients

- 6 Bone-in, Skin-on, Chicken Thighs
- 4 Tbsp of Olive Oil
- 2 Tbsp of Garlic and Herb Seasoning
- 1 Tbsp of Smoked Paprika
- Salt and Pepper, to taste
- 1-1/2 cups of Long Grain Rice
- 4 Cloves of Garlic, minced
- 3 cups of Chicken Stock, hot
- 2 tsp of Italian Seasoning
- 3 tbsp of Unsalted Butter

1) Preheat your oven to 350 degrees. Mix together the garlic and herb seasoning and smoked paprika, take half and set it aside, to the remaining half, add salt and pepper (not too much salt if your seasoning has salt) and sprinkle it evenly over both sides of the chicken and set aside.

2) In a large skillet (preferably stainless steel or cast iron for best results here) add the olive oil, preheat over medium-high (just right between medium and medium-high but not too high or you will burn the spices) once ready, add the chicken, skin side down and cook until the skin is golden brown and crisped up a bit, about 7 minutes, then flip and cook 3 more minutes.

3) In a casserole dish (something slightly smaller than a 9x13 inch) add the rice, remaining spices, Italian seasoning and garlic, stir well to combine, add the stock, nestle in the chicken (skin side up) dot the butter around, cover and bake for 30 minutes then remove the foil and bake an additional 30 minutes.

4) Add some parsley, and enjoy!

