



Lemony roast chicken and rice

25'
Hands on

60'
Cook Time

4-6
Portion(s)

1
Difficulty



Ingredients

- 1 kilo chicken thighs
- 7-8 g olive oil
- salt
- pepper
- lemon juice, of 2 lemons
- 500 g basmati rice
- lemon peels, of 1 lemon
- 2 bay leaves
- 1 clove(s) of garlic
- 2 sprig(s) rosemary
- 1 teaspoon(s) oregano
- 1 1/2 liter stock, chicken

Διατροφικός πίνακας

Nutrition information per portion

499 Calories (kcal)	18.0 Total Fat (g)	3.5 Saturated Fat (g)	64.0 Total Carbs (g)
25%	26%	18%	25%
0.5 Sugars (g)	20.0 Protein (g)	1.1 Fibre (g)	1.5 Sodium (g)
1%	40%	4%	25%

Method

- Preheat the oven to 180° C (350° F) set to fan.
- Place a [frying pan](#) over high heat.
- Put the chicken thighs into a bowl. Add salt, pepper, and 2-3 tablespoons olive oil. Make sure to cover the whole surface of the chicken and transfer it to the hot frying pan.
- Sauté for 2-3 minutes on each side, until golden brown.
- Deglaze the pan with the juice of 1 lemon and remove from the heat.
- In a [34 cm baking pan](#) add the rice, the lemon peels, the bay leaves, the garlic into pieces, the rosemary, the oregano, salt, pepper, 4-5 tablespoons olive oil, the stock, the juice of the second lemon, and the chicken thighs.
- Bake for 50-60 minutes.
- If you have a larger baking pan, roast it for 40 minutes covered with aluminum foil, then uncover the pan, and roast for 10-20 more minutes until golden.
- Remove and serve.

Tip

If you want your rice to be less sticky and more fluffy, rinse it twice with cold water. Then, when you add it to the baking pan, mix it with the olive oil.