



Piri piri chicken

25'
Hands on

25'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

For the piri piri mixture

- In a bowl add the onion, garlic, paprika, cayenne pepper, ginger, cardamom, oregano, salt, pepper, and mix with a spoon.

For the chicken

- Place a **pot** over high heat and add 1 tablespoon olive oil.
- Cut each chicken thigh into 3-4 pieces.
- Spread half of the spices' mixture over the whole surface of the chicken and transfer it into the pot. Sauté until golden on all sides.
- **Cut** the bell peppers into strips, finely chop the chili and the garlic, cut the onion into slices, and set aside.
- Remove and set aside. Place the pot on heat and add the vegetables, 2 tablespoons olive oil, the remaining spices' mixture, and sauté until golden.
- Add the chicken, the rice, the water, the chicken cube, and cover with the lid. Lower the heat to medium and simmer for 25 minutes. Stir often.
- Halve the cherry tomatoes, add them to the pot, cover with the lid, and simmer for 3-5 minutes until softened.
- Remove and serve with the parsley finely chopped, the lemon zest, pepper, olive oil, and the yogurt.

Ingredients

For the piri piri mixture

- 1 teaspoon(s) onion, powder
- 1 teaspoon(s) garlic, powder
- 1 1/2 teaspoon(s) paprika
- 1/2 teaspoon(s) cayenne pepper
- 1 teaspoon(s) ginger, powder
- 1 teaspoon(s) cardamom, powder
- 1 teaspoon(s) oregano, dried
- 1/2 teaspoon(s) salt
- 1/2 teaspoon(s) pepper

For the chicken

- 800 g chicken thigh fillet, boneless and skinless
- 3 tablespoon(s) olive oil
- 1 yellow bell pepper
- 1 green bell pepper
- 1 red bell pepper
- 1 chili pepper
- 2 clove(s) of garlic
- 1 onion
- 350 g basmati rice
- 700 g water
- 1 chicken bouillon cube
- 250 g cherry tomatoes

To serve

- 1/4 bunch parsley
- lemon zest, of 1 lemon
- pepper
- 1 teaspoon(s) olive oil
- 100 g strained yogurt

Διατροφικός πίνακας

Nutrition information per portion

414 Calories (kcal)	5.1 Total Fat (g)	1.1 Saturated Fat (g)	53.0 Total Carbs (g)
21%	7%	6%	20%
7.0 Sugars (g)	37.0 Protein (g)	4.0 Fibre (g)	1.2 Sodium (g)
8%	74%	16%	20%