



One Pot Chicken with Rice

Preparation time: **less than 30 mins**

Cooking time: **30 mins to 1 hour**

Serves 2

Ingredients

- 1 tbsp olive oil
- 200g/1lb 12oz bone-in chicken thighs (approximately 4 large chicken thighs)
- 1 large onion, roughly chopped
- 2 garlic cloves, chopped
- 2 large carrots, finely chopped
- 2 tsp cumin seeds
- ½ tsp smoked paprika
- 150g/9oz basmati or long-grain rice
- 300ml/1 pint chicken stock
- salt
- freshly ground black pepper

Method

1. Preheat the oven to 200C/180C Fan/Gas 6. Heat the oil in a large lidded, ovenproof, casserole. Add the chicken and stir-fry for 10–12 minutes, until golden on all sides. Remove to a warm plate and pour off all but a tablespoon of the cooking juices from the pan. Add the onion, garlic and carrots to the pan and cook for 5 minutes until soft and golden.
2. Stir in the cumin seeds, paprika and rice and toss well. Add the stock, season, and bring to the boil. Cook gently, stirring, for 5 minutes until the rice is no longer soupy but not dry. Stir in the dill and season well.
3. Sit the chicken thighs on top of the rice, cover with a lid and transfer the pan to the oven for 20–25 minutes, or until the chicken is cooked through and the rice is tender. Fork through the rice and serve.