Spanish Style Rice
RECIPE

Spanish Style Rice



TIME	40 mins
INGREDIENTS	13 items
MAKES	2 servings

Turn dinner time into a fiesta! The bright rice and tender chicken are full of flavour and make a great sharing plate!

INGREDIENTS

- Ben's Original™ Golden Vegetable Microwave Rice 220g
- 1tbsp Sunflower Oil
- 4 Chicken Thighs
- 1 White Onion, chopped
- 1 Red Pepper, chopped
- 1 Garlic Clove, chopped
- 1tsp Paprika
- 1tsp Ground Cumin
- 1tsp Dried Oregano
- 1tbsp Tomato Puree
- 1 Chicken Stock Cube

- 100g Frozen Peas
- Small handful of Parsley, chopped

INSTRUCTION

1. Mix the dried herbs together with salt and pepper and set aside. Place the chicken thighs in a bowl with the sunflower oil and half of the spice mixture. Mix until well covered.
2. Heat a lidded casserole pan over a medium to high heat. Cook the chicken thighs on each side until browned then transfer to a plate. Add the onion and pepper to the pan, reducing the heat to low.
3. When the onions begin to go translucent add the garlic, remaining dried spices and tomato puree to the pan. Cook for 3 more minutes then add the stock cube with 300ml water.
4. Return the chicken thighs to the pan and cover. Bring to the boil then reduce to simmer for 20 minutes until the liquid has reduced and the chicken is cooked through.
5. Add the peas, Ben's Original™ rice and parsley to the pan and mix through to combine. Cook for 5 more minutes to heat the peas and rice through and allow them to absorb the flavours.

NUTRITION

Amount Per Serving

- Carbohydrates (g) 48.7
- Cholesterol(mg) 150
- Dietary Fiber (g) 8.1
- Energy (kJ) 2506
- Protein (g) 35.7
- Sugars (g) 7.8
- Total Fat (g) 27.2
- Saturated Fat (g) 6.4
- Salt(g) 1.74
- Sodium (mg) 697
- Trans Fat(g) 0.3

Categories:

Chicken, 30-45 Min, Golden Vegetable, Stove Top, One pot wonders, Easy family dinners

MORE RECIPES LIKE THIS



Stuffed Peppers

Cooking time

30 mins

Ingredients

11 items



Chicken and Pepper Skewers

Cooking time

25 mins

Ingredients

8 items



Herby Chicken with Pesto

Cooking time

40 mins

Ingredients

12 items

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