

OVERALL time: 65 mins

Baked Peri Peri Chicken & Rice

Zingy, zesty chicken! A dish easily cooked & served for lunch or dinner - a real crowd pleaser!

Metric

Number of servings : 4

ingredients

For the Chicken

- 6 large free-range chicken thighs, bone in and skin on
- 3 Tbsp Olive oil
- Juice of 2 large limes (zest them first for the rice)
- 2 Tbsp **Cape Herb and Spice Portuguese Peri Peri Rub**

For the Rice

- 2 Tbsp Olive oil
- 1 large white onion, finely diced
- 1 red bell pepper, finely diced
- 4 cloves garlic, finely minced
- 2 tsp **Cape Herb and Spice Portuguese Peri Peri Rub**
- 1 tin diced tomatoes
- Zest of 2 limes
- 400 g Basmati rice
- 625 ml Hot chicken stock

To serve

- Lime wedges
- Side salad
- Olive oil

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 45 mins

For the chicken:

Place chicken in a large releasable / ziplock bag.

Pour in the olive oil and lime juice.

Sprinkle in the **Cape Herb & Spice Portuguese Peri Peri Rub.**

Mix thoroughly, coating the chicken well.

Squeeze the air out and seal the bag.

Refrigerate for 30 minutes or up to two hours.

Heat a frying pan with a little drizzle of olive oil over medium-high heat.

Sear the marinated chicken thighs, starting skin side down.

Sear until deeply golden brown on both sides.

Remove from the pan and set aside.

For the rice:

Preheat oven to 180°C.

Heat olive oil in a large ovenproof saucepan / buffet casserole with a lid, over medium heat.

Add the onion, red pepper and garlic.

Season with **Cape Herb & Spice Portuguese Peri Peri Rub.**

Cook until the vegetables are tender and fragrant.

Pour in the tinned tomatoes and add the lime zest.

Scatter over the rice and pour in the chicken stock.

Briefly stir to mix everything together.

Bring to a simmer.

Add the seared chicken thighs to the pan, nestling them gently on top of the rice mixture.

Cover with the lid and transfer to the oven. Bake for 25 minutes.

Remove pan from the oven and place on a heat proof surface.

Open and fluff the rice briefly, cover again and leave to steam for another 5 minutes.

Serve the baked chicken and rice family style straight from the pan.

Serve with a side salad.

Squeeze over some fresh lime juice before tucking in and enjoy!

View on:



<https://www.capeherb.co.za>

Metric

ingredients

For the Chicken

- 6 large free-range chicken thighs, bone in and skin on
- 3 Tbsp Olive oil
- Juice of 2 large limes (zest them first for the rice)
- 2 Tbsp **Cape Herb and Spice Portuguese Peri Peri Rub**

For the Rice

- 2 Tbsp Olive oil
- 1 large white onion, finely diced
- 1 red bell pepper, finely diced
- 4 cloves garlic, finely minced
- 2 tsp **Cape Herb and Spice Portuguese Peri Peri Rub**
- 1 tin diced tomatoes
- Zest of 2 limes
- 400 g Basmati rice
- 625 ml Hot chicken stock

To serve

- Lime wedges
- Side salad
- Olive oil

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 45 mins

For the chicken:

Place chicken in a large releasable / ziplock bag.

Pour in the olive oil and lime juice.

Sprinkle in the **Cape Herb & Spice Portuguese Peri Peri Rub**.

Mix thoroughly, coating the chicken well.

Squeeze the air out and seal the bag.

Refrigerate for 30 minutes or up to two hours.

Heat a frying pan with a little drizzle of olive oil over medium-high heat.

Sear the marinated chicken thighs, starting skin side down.

Sear until deeply golden brown on both sides.

Remove from the pan and set aside.

For the rice:

Preheat oven to 180°C.

Heat olive oil in a large ovenproof saucepan / buffet casserole with a lid, over medium heat.

Add the onion, red pepper and garlic.

Season with **Cape Herb & Spice Portuguese Peri Peri Rub**.

Cook until the vegetables are tender and fragrant.

Pour in the tinned tomatoes and add the lime zest.
Scatter over the rice and pour in the chicken stock.
Briefly stir to mix everything together.
Bring to a simmer.

Add the seared chicken thighs to the pan, nestling them gently on top of the rice mixture.
Cover with the lid and transfer to the oven. Bake for 25 minutes.

Remove pan from the oven and place on a heat proof surface.
Open and fluff the rice briefly, cover again and leave to steam for another 5 minutes.

Serve the baked chicken and rice family style straight from the pan.
Serve with a side salad.
Squeeze over some fresh lime juice before tucking in and enjoy!

View on:



<https://www.capeherb.co.za>