

One pan spanish chicken and rice

Caliente, this Spanish Cookeo dish is packed with flavors, spices and will put the sun on your plate. Winter and summer, Spain will be at home! Some ingredients: chicken, rice, a pepper, onions, chorizo, cumin, paprika, chili, salt, pepper, and room for the preparation of the recipe !

* Ingredients :

- ☞ 1 small red pepper
- ☞ 2 Italian tomatoes
- ☞ 1 small onion
- ☞ 3 cloves of garlic
- ☞ Fresh parsley
- ☞ 1 C. paprika
- ☞ 1/2 tsp. salt
- ☞ 1/2 tsp. pepper
- ☞ 8 boneless, skinless chicken thighs
- ☞ 2 tbsp. tablespoon of butter
- ☞ 1 cup long grain rice
- ☞ 1 cup sodium reduced chicken broth
- ☞ 1 cup of milk
- ☞ 1 bay leaf
- ☞ 3/4 cup frozen peas
- ☞ 1/4 cup small green olives stuffed with chili peppers

* Preparation :

1 – Cut the pepper into small cubes. Cut the tomatoes into small cubes. Peel, then finely chop the onion and garlic. Cut the parsley with scissors to obtain $\frac{1}{4}$ cup (60 mL). Combine the paprika/ salt /

pepper.

2 – Spread the spice blend over the chicken. In a big spider , melt half the butter over heat. Add the chicken and cook

until golden brown, for 4 minutes per side. Reserve the chicken on a plate.

2 – In the same pan, melt the rest of the butter. Add the red pepper/ onion / garlic, then cook about 2 min . Add the rice/ broth/ milk &

bay leaf, then blended . Bring to a boil. Return the chicken pieces to the pan

& press them into the rice.

3 – Cover with a lid . Minimise heat to low and simmer about 10 minutes. Add the tomatoes and peas . Cook and covered, until liquid is

almost totally absorbed & rice is tender, 16 min more . Add the

olives & parsley.

Serve & enjoy with this delicious recipe !!