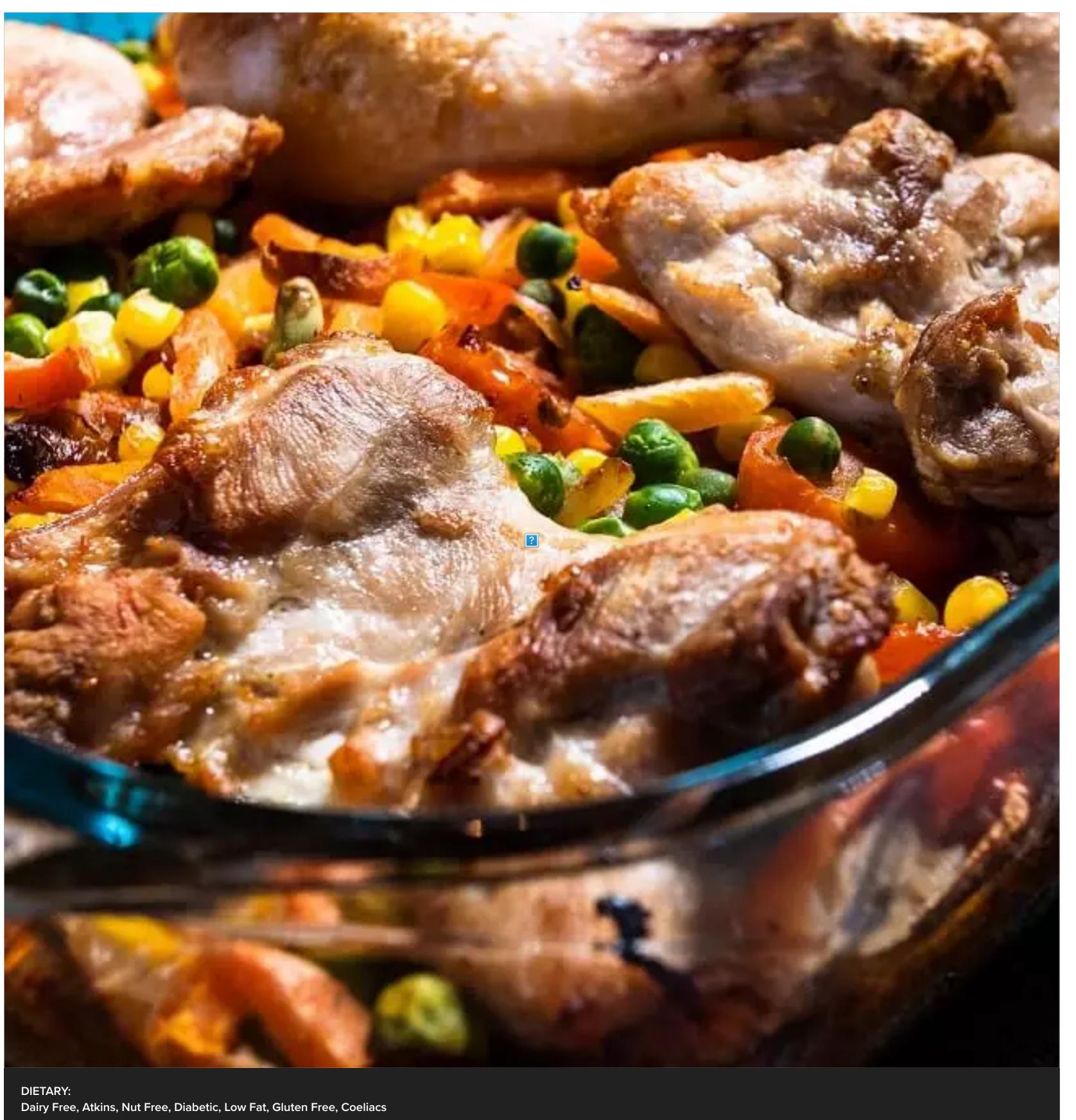
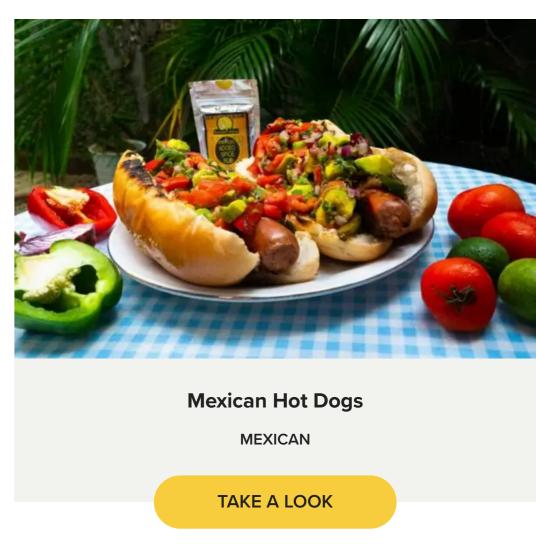
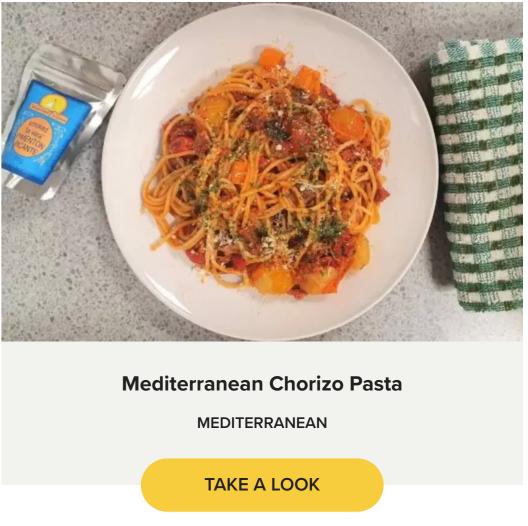
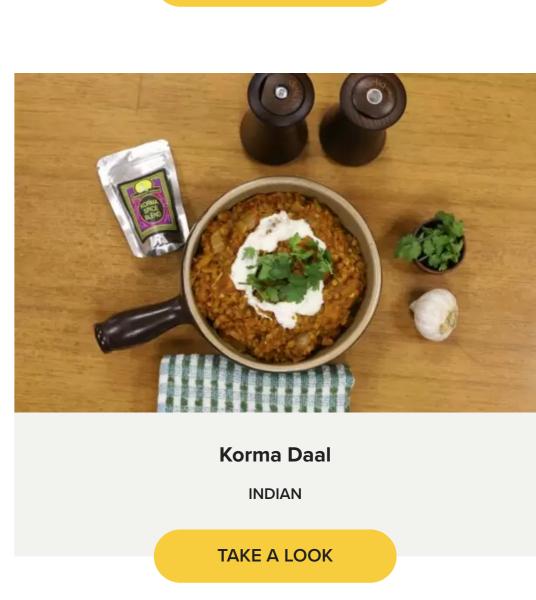
South American Chicken And Rice

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MAKING THIS RECIPE

Ingredients

8 chicken drumsticks and thighs 200g cherry tomatoes, chopped 400g black beans, drained

400g basmati rice, washed and drained 1 onion, diced

1 red bell pepper, sliced 3 spring onions, chopped 3 garlic cloves, crushed

1 tsp ground cumin 1 tsp ground coriander 1 tsp Smoked Garlic Powder

1 tsp Cayenne Chillies Ground 1/4 tsp cinnamon 1 tsp salt

1 tsp pepper 300ml chicken stock

320g mixed frozen vegetables (carrots, peas, sweetcorn) Extra virgin olive oil

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Method

Step 1:

Preheat the oven to 200 degrees.

Step 2:

Heat a glug of oil in a frying pan on a medium heat and shallow fry the chicken until brown. Set aside.

Step 3:

Add onion and pepper to the pan and sauté for around 5 minutes until soft.

Step 4:

Add the garlic, cumin, cinnamon, coriander, and cayenne pepper, and stir well for 2 minutes.

Step 5: Add the tomatoes and continue to stir for another minute.

Step 6:

At the bottom of a casserole dish, evenly spread the beans.

Step 7:

Layer the rice on top of the beans.

Step 8:

Add the tomatoes, peppers, onion, garlic and spices on top of the rice.

Step 9:

Add the mixed frozen vegetables.

Step 10:

Place the chicken on top, and then pour the chicken stock over.

Step 11:

Place in the oven for 40 minutes, baking until the chicken is golden and the rice is fluffy.

Serve with wedges of lime, sour cream and avocado.

Buy the ingredients for this recipe







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