

# South American Chicken And Rice

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DIETARY:  
Dairy Free, Atkins, Nut Free, Diabetic, Low Fat, Gluten Free, Coeliacs

## 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.*

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## Buy the ingredients for this recipe

