



Long Livo

One-Pan Chicken and Rice Bake – Quick & Easy

15 min

Prep time

4

Servings

30 min

Cook time

Easy

Difficulty

45 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 4 bone-in, skinless chicken thighs, cut into bite-size pieces
- ☐ 1 cup long grain white rice, rinsed
- ☐ 2 cups low-sodium chicken broth
- ☐ 1 cup carrots, diced
- ☐ ½ cup frozen peas
- ☐ 2 tbsp olive oil
- ☐ 1 tsp dried thyme
- ☐ ½ tsp smoked paprika
- ☐ Salt and pepper to taste
- ☐ 1 tbsp lemon juice
- ☐ 1 tsp honey

For the Topping

- ☐ 2 tbsp grated Parmesan cheese (optional)
- ☐ Fresh parsley, chopped

Instructions

- 1 Preheat the oven to 375°F (190°C). Lightly grease a 9-x-13-inch baking dish.
- 2 In a large skillet, heat olive oil over medium-high heat. Season chicken pieces with salt, pepper, thyme, and paprika, then sear until golden on all sides, about 4 minutes. Transfer chicken to a plate.
- 3 Add carrots to the same skillet, sauté for 2 minutes, then stir in the rice, letting it toast lightly—this builds a nutty base.
- 4 Spread the rice and carrots in the prepared baking dish. Sprinkle peas over the top, then return the chicken pieces, arranging them evenly.
- 5 Mix chicken broth, lemon juice, and honey; pour over the entire pan, ensuring the liquid covers the rice. Cover tightly with foil.
- 6 Bake for 20 minutes, then remove foil, sprinkle Parmesan if using, and bake uncovered another 10-12 minutes until the rice is tender and the top is lightly browned.
- 7 Let rest for 5 minutes, garnish with fresh parsley, and serve warm.

Nutrition per serving

420 kcal

Calories

30 g

Protein

38 g

Carbs

14 g

Fat

Tips & notes

- If you prefer a richer flavor, replace half the broth with cream.
- For extra veggies, add sliced bell peppers or zucchini during step 3.
- A quick drizzle of extra lemon juice right before serving brightens the whole dish.