



Spanish Chicken Rice (OP W)

Serving: 1

Non Veg

Ingredients

- Serves 1
- 50 gm chicken pieces
- $\frac{1}{4}$ cup brown rice
- Black pepper, coarsely grounded to taste
- 2 cloves garlic, crushed
- 1 tbsp chopped onion
- 1 tbsp chopped green capsicum
- 1 tsp red chilli powder/ paprika powder
- 1 tbsp tomato puree
- 1 cup chicken stock
- 2 to 3 olives for the garnish
- $\frac{1}{2}$ tsp oil
- Salt to taste

Preparation Method

- 1. Preheat oven to 180C.
- 2. Heat oil in a non-stick pan, spread the chicken pieces in the pan, top with salt and black pepper and cook until light brown on both the sides. Remove in an oven proof pan and cover the chicken with foil and bake at 180C for 15-20 minutes. Switch off the oven and let the chicken sit in the oven.
- 3. In the same pan, add garlic, onions and green capsicum and cook on medium flame for 10 minutes, until vegetables are tender, stirring occasionally. Add chilli powder and cook for 30 seconds.
- 4. Add the tomato puree and chicken stock, salt and mix well. Add the brown rice and cover and simmer for 10 minutes or till rice is cooked.
- 5. Remove from flame and cover the cooked chicken with cooked rice to make a layer over the chicken.
- 6. Serve immediately.