

MEDITERRANEAN SKILLET CHICKEN AND RICE



FOOD COMES CLEAN · HEALTHY & DELICIOUS

SERVES: 6

INGREDIENTS

- 1 1/2 tsp garlic powder
- 1 1/2 tsp dried oregano or za'atar
- 1/2 tsp sumac or grated lemon zest
- 1/2 tsp coriander
- 1/2 tsp turmeric
- 1 1/2 lbs boneless, skinless chicken breast and/or thighs patted dry and cut into 2-inch pieces
- 2 TBLS olive oil
- 1 onion, chopped
- 3 garlic cloves, chopped
- 1 large fresh tomato chopped or 1 cup whole cherry tomatoes or 3/4 cup jarred tomatoes
- 1 1/2 cups long-grain white rice
- 2 cups chicken stock
- 1/4 cup Kalamata olives, pitted (optional)

METHOD

1. In 10-inch skillet, heat olive oil over medium heat. Add the chicken and all the spices. Brown on both sides about 3 min. Transfer to a bowl. (will be cooked again)
2. Add onion to skillet and saute until tender, about 5 min. Add garlic and 1 tsp salt. Cook 1 min.
3. Add tomatoes and raise heat, scraping the bottom of pan to deglaze.
4. Add rice, stock and olives and bring liquid to a boil. Arrange chicken pieces on top. Lower to a simmer and cook for 20 min. Most of the liquid should be absorbed.
5. Add fresh parsley or dill (optional)

ALISHA'S TIPS

- Use what spices you have on hand! It's ok if pantry is not stocked with all of them. Fresh lemon, tomatoes, salt and pepper work wonders
- Use brown rice or quinoa