Roasted Chicken and Tomato-Basil Rice Skillet
RECIPE

Roasted Chicken and Tomato-Basil Rice Skillet

TIME	45 min
INGREDIENTS	13 items
MAKES	4 servings

Yielding, tomato-accented rice is cooked with juicy roasted chicken thighs and served with fresh, fragrant basil for an easy one-pan dinner that’s perfect for busy weeknights

INGREDIENTS

- 1 tbsp olive oil
- 4 bone-in skin-on chicken thighs
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 onion, diced
- 1 red bell pepper, diced
- 4 cloves garlic, minced
- 1 tbsp basil pesto
- 2 tbsp tomato paste
- 1 pouch (8.8 oz each) Ben's Original™ Ready Rice™ Roasted Chicken Flavored Rice
- 2 cups canned crushed tomatoes (with juice)
- 1/4 cup reduced sodium chicken broth
- 1/4 cup chopped fresh basil leaves

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Heat oil in oven-safe large skillet set over medium-high heat. Season chicken with salt and pepper; transfer to skillet skin-side down. Cook for 3 to 4 minutes or until golden and crispy on bottom. Flip and cook for 3 to 5 minutes or until golden all over. Transfer to medium plate (reserve skillet). Reduce heat to medium.
3. Add onion, red pepper and garlic to reserved skillet and cook, stirring occasionally, for 3 to 5 minutes or until softened and fragrant. Stir in pesto and tomato paste and cook, stirring occasionally, for 1 to 2 minutes.

4. Stir in rice and cook, stirring, for 1 minute or until coated. Pour in tomatoes (with juice) and chicken broth; bring to a simmer. Return chicken to skillet and transfer to oven.
5. Bake for 25 to 30 minutes or until liquid has been absorbed, and chicken is cooked through and instant-read thermometer registers 165°F when inserted into thickest part of a thigh.
6. Garnish with basil before serving.
7. Tips: For added heat, drizzle with Italian-style hot chili oil, if desired.
8. This skillet dish is also delicious topped with shaved Parmesan cheese.

NUTRITION

- CALORIES: 380
- TOTAL FAT: 18g
- SATURATED FAT: 4g
- TRANS FAT: 0g
- SODIUM: 590mg
- TOTAL CARBOHYDRATES: 34g
- DIETARY FIBER: 4g
- TOTAL SUGARS: 9g
- PROTEIN: 23g

MORE RECIPES LIKE THIS

Brown Rice with Spinach and Parmesan Cheese

Cooking time

35 Minutes

Ingredients

10 items

Classic Shrimp Fried Rice

Cooking time

15 minutes

Ingredients

9 items

Brown Rice & Apple Salad

Cooking time

20 minutes

Ingredients

9 items

Cheesy Chicken Broccoli Rice Bake

Cooking time

45 Minutes

Ingredients

9 items

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