

One Pot Middle Eastern Chicken and Rice

Yield: 5 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-south-african-curry-and-rice-recipe>

Ingredients:

- 5 bone in chicken thighs skin on
- 2 tablespoons lemon juice
- 2 tablespoons turmeric
- 1 tablespoon cumin
- 1/2 tablespoon curry
- 1 tablespoon dried oregano
- 4 garlic cloves minced
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons olive oil divided
- 1 onion small, finely chopped
- 1 clove garlic finely minced
- 1 1/2 cups basmati rice
- 1 1/2 cups chicken broth
- 1 cup water
- 1 tablespoon dried oregano
- 1 tablespoon turmeric
- 1 teaspoon cumin
- 1 teaspoon salt

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 175 milligrams
4. Fat: 33 grams
5. Fiber: 3 grams
6. Protein: 45 grams

7. SaturatedFat: 7 grams
 8. Sodium: 1140 milligrams
 9. Sugar: 1 grams
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