Chicken, Pepper and Cumin Rice Skillet

3 skillet portions · Active 15 min · Total 55 min

Skills: Easy

Ingredients

• 12 oz boneless skinless chicken thigh, cut into 1-inch pieces (340 g)

• 1 tablespoon olive oil (15 ml)

• 1 medium onion, diced (150 g)

• 1 red bell pepper, diced (150 g)

• 1 teaspoon ground cumin

• 1/2 teaspoon sweet paprika

• 1/2 teaspoon fine salt

• 1 cup long-grain white rice (185 g)

• 1 3/4 cups chicken stock (420 ml)

• 1 tablespoon lemon juice (15 ml)

• 2 tablespoons chopped parsley (8 g)

• 2 tablespoons drinking-quality water (30 ml), heated and reserved only for adjustment if needed

Set out

12-inch deep skillet with tight lid, Instant-read thermometer

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Heat oil in the skillet over medium heat. Cook chicken for 4 minutes, turning to brown lightly. Add onion and pepper; cook 4 minutes.

2. Stir in cumin, paprika, salt and dry rice for 30 seconds. Add stock and bring to a boil.

3. Cover, reduce heat to low and simmer for 15–18 minutes, or the rice packet's longer required time, until the rice is tender and the thickest chicken pieces reach 165°F/74°C. If the pan becomes dry before the rice is tender, add the listed 2 tablespoons hot reserve water, cover and continue gently; both endpoints control.

4. Remove from heat and stand covered for 5 minutes. Fluff gently, stir in lemon and scatter parsley.

Level the cooking surface

Park and stabilize the cooking setup before beginning. A tilted skillet leaves dry rice uphill and excess liquid downhill, making even cooking difficult.

Timing

Allow about 55 minutes including preparation, two browning/softening stages, bringing the stock to a boil, up to 18 minutes for the rice and a 5-minute covered rest. A packet requiring longer cooking extends that time.

A useful detail

Use standard long-grain white rice, not brown or instant rice, which need different liquid and timing.

Keep it well

For freshly cooked rice, divide promptly into shallow portions and cool and refrigerate as quickly as possible, ideally within 1 hour of its original cooking. Keep at 40°F/4°C or below and eat within 24 hours of the original cooking. Reheat only once to 165°F/74°C throughout, eat promptly and discard reheated remains. Discard food left beyond 2 hours at room temperature, or 1 hour above 90°F/32°C. If reliable refrigeration is unavailable, cook only what will be eaten immediately.