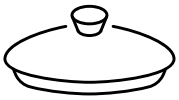
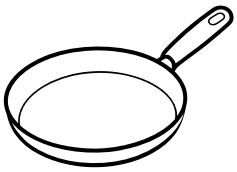
CHICKEN PILAF RECIPE

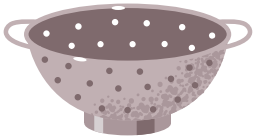
TOOLS:





- large deep frying pan wih lid

- measuring cup and spoons



- colander to rinse rice

- cutting board

- sharp knife

INGREDIENTS:

For searing the chicken:

- 4 chicken thighs with bone and skin

- salt and pepper

For the Pilaf:

- 2-3 tablespoons of oil

- 1 onion chopped or sliced into rings

- 2 cloves of garlic minced

- 1 teaspoon each:
  - pepper
  - cumin
  - red pepper flakes

- ½ teaspoon of cayenne pepper

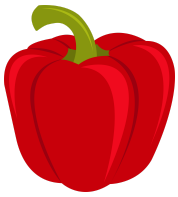
- ½ teaspoon of cinnamon or 1 inch of cinnamon stick

INGREDIENTS:

- 1 cup of Basmati rice rinsed

- 1 ½ - 2 cups chicken stock

- 1-2 Bell eppers cut into chunks

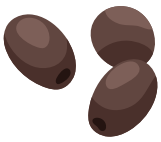


For the toppings:

- 1-2 cups finely chopped kale

- ¼ - ½ cup crumbled feta cheese

- 1/3 cup of Kalamata Olives



- 1/4 cup of Pomoegranate arils

- 1 tablespoon of honey

- 2-3 tablespoons of cilantro for garnish

DIRECTIONS:

Step 1:
Prep the chicken. Season thighs top and bottom with salt and pepper. Heat a large frying pan to medium high. Allow the pan to heat for a few minutes. Sear the chicken skin side down for 10 minutes, flip and sear the bottom for a few minutes. Remove from the pan and se aside.

15 minutes

Step 2:
Using the same pan, set the heat to medium low and cook the onions. After a few minutes add the garlic and the spices.

10 minutes

Step 3:
Rinse the rice well and shake off as much water as possible. Add the rice to the pan and stir really well to get it coated in oil and spices.

10 minutes

Step 4:
Stir in peppers.

1 minute

Step 5:
Add the chicken back to the pan and add enough stock to cover the rice and give it a quick stir. Cover and cook on medium low for 20 minutes.

20 minutes

DIRECTIONS:

Step 6:
While the chicken is cooking prep the remaining ingredients: chop kale, crumble feta, remove pomegranate seeds, chop cilantro and take the seeds out of the olives.

15 minutes

Step 7:
Lay the kale on the bottom of your serving dish. Add rice and stir to combine. Top with chicken, feta, pomegranate olives and honey. Garnish with cilantro and serve.

10 minutes