

## One Pot Chicken & Rice

### Ingredients:

- Olive oil
- Chicken thighs
- Salt & pepper
- 1 onion, diced
- 2 garlic cloves,  
• crushed
- 1 red pepper, chopped
- 3/4 sundried tomatoes
- 1 cup Tastic parboiled rice
- 1 tin crushed tomatoes
- 1 1/3 cups chicken stock
- Fresh basil leaves

### Directions:

1. Heat olive oil in a pan and sear chicken thighs 3 – 4 minutes until golden and crispy. Season with salt and pepper.
2. Remove the chicken from the pan and fry the onion with garlic. Once browned add the red pepper. Add sundried tomatoes and Tastic parboiled rice.
3. Season with salt and pepper, add the crushed tomatoes and chicken stock. Place the chicken thighs back into the pan and allow to cook for 40 minutes.
4. Garnish with fresh basil leaves and serve with veggies.