One Pot Chicken

One Pot Chicken uses boneless skinless chicken thighs and the one pot method. Use long-grain white rice; brown rice needs a different liquid ratio and longer cooking.

PREP	COOK	ADDITIONAL	YIELD
15 min	30 min	5 min	4 servings



INGREDIENTS

- 1 1/2 lb (680 g) boneless chicken thighs
- 1 tbsp (15 ml) olive oil
- 1 small onion (100 g), diced
- 2 garlic cloves (6 g), minced
- 1 cup (185 g) long-grain white rice, rinsed
- 1 3/4 cups (420 ml) chicken broth
- 1 cup (140 g) frozen peas
- 1 tsp (2 g) paprika
- 3/4 tsp (4 g) salt
- 1/4 tsp black pepper

METHOD

1. Season thighs with paprika, salt and pepper. Heat oil in a lidded pot over medium-high heat. Brown thighs 3 minutes per side and lift out.
2. Soften onion for 3 minutes, then stir in garlic and drained rice for 1 minute.
3. Add broth and scrape the bottom. Place chicken on top and bring to a simmer.
4. Cover and cook over low heat for 18–22 minutes until rice is tender and chicken reaches 165°F (74°C).
5. Scatter peas on top, cover and rest off heat for 5 minutes. Fluff rice around the chicken.

FOOD SAFETY Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. Use a food thermometer; color and time alone are not reliable.

Tips, Serving & Storage

Practical notes for reliable results and safe leftovers.

COOK’S TIPS & MISTAKES

Use long-grain white rice; brown rice needs a different liquid ratio and longer cooking. Prepare all measured ingredients before heating the pan. Keep raw and cooked utensils separate.

Skipping the thermometer check.

Crowding the cooking surface.

Changing the chicken cut without adjusting the cooking time.

DONENESS

Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. Use a food thermometer; color and time alone are not reliable.

VARIATIONS

Carrot: add 1/2 cup diced carrot with onion.

Lemon: add lemon zest before resting.

Herb: add chopped parsley to serve.

SERVING

Serve directly from the pot with a simple salad.

STORAGE, FREEZING & REHEATING

Refrigerate promptly in shallow covered containers at 40°F (4°C) or below. Use within 3–4 days, counting any previous storage of cooked chicken.

Freeze cooled chicken in airtight portions at 0°F (-18°C) for up to 2 months for best quality. Thaw overnight in the refrigerator. Keep fresh salad components separate.

Reheat cooked chicken to 165°F (74°C). Warm sauced dishes gently with a splash of broth; re-crisp coated chicken on a rack in a 375°F (190°C) oven. Keep fresh vegetables and dips separate.

QUICK FAQ

Which chicken cut should I use? Use boneless skinless chicken thighs as listed for the stated timing.

How do I know when it is done? Check the thickest part reaches 165°F (74°C).

Can I make it ahead? Refrigerate promptly and follow the storage and reheating instructions; keep coatings, dressings and fresh vegetables separate when practical.