



# Oven Baked Chicken Thighs and Rice

## Introduction

Oven baked chicken and rice is a comforting and satisfying dish that's perfect for a weeknight dinner. This one-pan meal is not only easy to prepare but also allows the flavors to meld beautifully as it bakes in the oven. With crispy chicken and tender rice infused with rich chicken broth, this recipe is sure to become a family favorite.

## Detailed Ingredients with measures

4 bone-in, skin-on chicken thighs

1 cup long-grain white rice  
2 cups chicken broth  
1 small onion, diced  
2 garlic cloves, minced  
1 teaspoon paprika  
1 teaspoon dried thyme  
1 teaspoon salt  
1/2 teaspoon black pepper  
1 tablespoon olive oil

## Prep Time

15 minutes

## Cook Time

45 minutes

## Total Time

1 hour

## Yield

4 servings

This oven baked chicken and rice recipe is a simple yet flavorful dish that can be made in just an hour, making it ideal for busy days. Enjoy

your delicious meal!

## Detailed Directions and Instructions

### Step 1: Preheat the Oven

Preheat your oven to 375°F (190°C).

### Step 2: Heat Olive Oil

In an oven-safe skillet, heat 1 tablespoon of olive oil over medium heat.

### Step 3: Season and Sear Chicken Thighs

Season 4 bone-in, skin-on chicken thighs with 1 teaspoon paprika, 1 teaspoon dried thyme, 1 teaspoon salt, and 1/2 teaspoon black pepper. Place the chicken thighs skin-side down in the skillet and sear for 3-4 minutes until golden brown. Remove the chicken from the skillet and set aside.

### Step 4: Sauté Onion and Garlic

In the same skillet, add 1 small diced onion and 2 minced garlic cloves. Sauté until the onion is softened.

### Step 5: Add Rice and Chicken Broth

Add 1 cup of long-grain white rice to the skillet and stir to coat it in the oil and aromatics. Pour in 2 cups of chicken broth, stirring to combine, and bring to a simmer.

See also Eggless Donuts

### **Step 6: Nestle Chicken Thighs**

Carefully nestle the seared chicken thighs on top of the rice mixture in the skillet.

### **Step 7: Cover and Bake**

Cover the skillet with foil or a lid and bake in the preheated oven for 30–35 minutes.

### **Step 8: Crisp the Chicken Skin**

After 30–35 minutes, remove the cover and bake for an additional 10 minutes to achieve crispy chicken skin.

### **Step 9: Rest Before Serving**

Once done, let the chicken and rice rest for 5 minutes before serving.

## **Notes**

### **Tip for Searing**

Ensure the skillet is hot enough before adding the chicken to achieve a good sear.

### **Adjusting Flavors**

Feel free to adjust the seasonings and herbs according to your personal taste preferences.

### **Serving Suggestions**

This dish pairs well with a side salad or steamed vegetables for a

complete meal.

## Cook techniques

### **Searing**

Searing involves cooking the chicken thighs skin-side down in an oven-safe skillet over medium heat. This technique helps to develop a rich, golden-brown crust, enhancing the flavor and texture.

### **Sautéing**

Sautéing the diced onion and minced garlic in the same skillet after searing the chicken allows the aromatics to infuse the dish with flavor. It softens the onion and garlic and prepares them for the next steps.

### **Roasting Rice**

Roasting the rice in the skillet with the sautéed onions and garlic ensures the grains are evenly coated in oil and absorb the flavors. This step enhances the nuttiness of the rice and improves its overall taste.

### **Simmering**

Once the rice is added to the skillet, pouring in chicken broth and bringing it to a simmer allows the rice to cook evenly while absorbing the savory broth's flavor.

See also [Fruit Cake](#)

### **Baking**

Covering the skillet with foil or a lid and baking it in the oven helps trap steam, which cooks the rice thoroughly and keeps the chicken moist.

Removing the cover towards the end of the baking time allows the chicken skin to crisp up nicely.

### **Resting**

Letting the dish rest for 5 minutes after removing it from the oven allows the juices to redistribute, ensuring the chicken remains juicy and the rice is fluffy.

## **FAQ**

### **Can I use boneless chicken thighs instead of bone-in?**

Yes, boneless chicken thighs can be used, but reduce the cooking time slightly to prevent them from drying out.

### **What can I substitute for chicken broth?**

You can substitute chicken broth with vegetable broth or water, but the flavor will be less rich.

### **Can I add vegetables to this dish?**

Absolutely! Vegetables like peas, bell peppers, or carrots can be added for additional flavor and nutrition.

### **How do I store leftovers?**

Store any leftovers in an airtight container in the refrigerator for up to 3 days.

### **Can I reheat baked chicken and rice?**

Yes, reheat it in the oven or microwave until heated through, ensuring

the chicken stays moist.

## Conclusion

This oven-baked chicken and rice recipe is a delightful one-pot meal that combines flavorful, juicy chicken thighs with perfectly cooked rice. The simple cooking method allows the ingredients to meld together, creating a satisfying dish that is both comforting and easy to prepare. It's perfect for a family dinner or a gathering with friends, ensuring everyone leaves the table happy and full.

## More recipes suggestions and combination

### **Chicken and Vegetable Rice Bake**

Add an assortment of vegetables like bell peppers, carrots, and peas to the rice for added nutrition and flavor.

See also Chocolate Cake with Raspberries

### **Herb-Crusted Chicken and Rice**

Use a mixture of fresh herbs, such as rosemary and parsley, to coat the chicken before baking for a fresh twist.

### **Cajun Chicken and Rice**

Incorporate Cajun seasoning into the chicken and add sliced sausage to the rice for a spicy, hearty meal.

### **Greek Lemon Chicken and Rice**

Marinate the chicken in lemon juice, garlic, and oregano before baking.

Add olives and feta cheese to the rice for a Mediterranean touch.

### **Teriyaki Chicken and Rice**

Glaze the chicken with teriyaki sauce before baking and serve with steamed broccoli for an Asian-inspired dish.