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Chicken and Tomatoes

with Rice



30-40min



2 Servings

Have you tried cooking with coconut oil? It's a healthy fat that performs beautifully at high heat (read: it won't scorch and and start to taste funny while you're getting that beautiful brown chicken skin). Combined with ginger, garlic, and tomatoes, coconut oil creates a silky braising liquid for the chicken. Finishing the dish in the oven ensures the chicken skin stays crisp while the meat c...

What we send

- bone-in skin-on chicken thighs
- small yellow onion
- large cloves garlic
- coconut oil
- basmati rice
- fresh ginger
- crushed red pepper
- plum tomatoes
- fresh cilantro

What you need

- coarse salt
- freshly ground black pepper

Tools

- large ovenproof skillet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 690.0kcal, Fat 31.1g, Proteins 44.6g, Carbs 54.1g



1. Cook rice

In a small saucepan, bring 1 cup water, rice and 1/2 teaspoon salt to a boil. Reduce to a simmer and cook covered, until rice is tender and water is absorbed, 15 minutes.



2. Prep vegetables

Preheat oven to 425°F. Peel and finely chop onion, ginger and garlic. Roughly chop tomatoes.



3. Cook chicken

Heat coconut oil in a large oven-proof skillet over medium-high heat. Season chicken with salt and pepper. Starting skin-side down, cook chicken until golden brown on both sides, about 12 minutes. Transfer chicken to a plate.



4. Build sauce

Add onion, ginger, garlic, and half to all of the crushed red pepper flakes. Season with salt and pepper and cook until vegetables are softened, about 3 minutes. Add tomatoes and 1/3 cup water and bring to a simmer, stirring occasionally. Season with salt and pepper.



5. Finish chicken

Return chicken to skillet, skin-side up, and transfer to oven. Cook until chicken registers 165° on an instant read thermometer, about 12 minutes.



6. Serve

Divide rice between plates and spoon chicken and tomatoes over top. Top with cilantro leaves. Enjoy!