



BBQ CHICKEN THIGHS

with Cheesy Vegetable Fried Rice

PRONTO



HELLO

BBQ CHICKEN

Bring the taste of BBQ season into your fall kitchen with this grill-inspired dish

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 855



Chicken Thighs



BBQ Sauce



Thyme



Onion, chopped



Red Bell Pepper



Corn Kernels



Parsley



Cheddar Cheese, shredded



Basmati Rice



Chicken Broth Concentrate

BUST OUT

- Aluminum Foil
- Baking Sheet
- Silicone Brush
- Large Non-Stick Pan
- Measuring Cups
- Medium Pot
- Measuring Spoons
- Paper Towel
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Thighs 340 g | 680 g
- BBQ Sauce 6,9 4 tbsp | 8 tbsp
- Thyme 10 g | 10 g
- Onion, chopped 56 g | 113 g
- Red Bell Pepper 190 g | 380 g
- Corn Kernels 113 g | 227 g
- Parsley 10 g | 20 g
- Cheddar Cheese, shredded 2 ½ cup | 1 cup
- Basmati Rice ½ cup | 1 cup
- Chicken Broth Concentrate 1 | 2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat broiler to **high** (to broil chicken thighs). **BBQ TIP:** Instead of pan-frying, brush half the BBQ sauce over chicken and grill over medium heat, until cooked through (74°C/165°F), 6-8 min per side. Brush remaining sauce on cooked chicken.



1 PREP

Wash and dry all produce.*

In a medium pot, add the **broth concentrate(s)** and **1 ½ cups water** (dbl for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, core, then cut the **bell pepper(s)** into ½-inch cubes. Strip **1 tbsp thyme leaves** (dbl for 4 ppl) off the stems. Roughly chop the **parsley**.



4 COOK VEGGIES

Meanwhile, heat the same pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then the **onions, peppers, corn** and **thyme**. Cook, stirring occasionally, until the **peppers** are tender-crisp, 3-4 min. Remove the pan from the heat and set aside.



2 SEAR CHICKEN THIGHS

Add **rice** to the pot with the **boiling liquid**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** has been absorbed, 12-14 min. Meanwhile, pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil** to the pan, then the **chicken**. Sear until golden-brown, 2-3 min per side.



5 FINISH RICE

When the **rice** is finished cooking, stir the **rice, parsley** and **cheese** into the pan with the **veggies**. Season with **salt** and **pepper**.



3 BROIL CHICKEN

Meanwhile, line a baking sheet with foil and brush with **1 tbsp oil** (dbl for 4 ppl). When the **chicken** is golden-brown, remove the pan from the heat and transfer the **chicken** to the foil-lined baking sheet. Brush the **BBQ sauce** all over **chicken** to coat completely. Broil in middle of oven, until **chicken** is cooked through, 5-6 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



6 FINISH AND SERVE

Divide the **cheesy veggie rice** between plates and top with the **BBQ chicken**.

SAY CHEESE!

The secret to this delicious rice is the cheesy flavour you get in every bite!