

# Chicken and Rice

3/4 cup long grain white rice  
4 skinless, boneless chicken thighs  
1/2 yellow onion — finely chopped  
1/2 green bell pepper — chopped  
1/2 red bell pepper — chopped  
1 tablespoon minced garlic  
1 tablespoon tomato paste  
1 bay leaf  
2 tomatoes — chopped  
1/2 cup chopped green olives  
3 cups of chicken stock  
Oil  
Salt & Pepper  
Chopped cilantro, avocado and lime wedges for serving

Wash the rice in a strainer until the water comes out clear. Place it in a bowl and soak it for about 20 minutes. Drain.

Season the chicken with salt and pepper on both sides.

Heat some oil in a skillet and brown the chicken on both sides — about 4 minutes per side. Remove it from the pan on to a plate and set it aside.

Add the onion and bell peppers into the skillet. Mix. Add a splash of chicken broth to the skillet and scrape the brown bits. Cook for about 5 minutes, until the vegetables are soft and translucent. Add the garlic and the tomato paste. Mix in and cook for a couple of minutes.

Make a well in the middle and add the bay leaf. Allow it to cook for a few minutes, until it is fragrant. Add the tomatoes and mix it. Cook for 3 to 4 minutes, stirring occasionally. Return the chicken to the skillet. Add the olives and mix in.

Add the rice and mix it in. Pour the stock into the pan. If your stock has salt in it, wait until you are finished cooking before adding salt. If it doesn't add some salt.

Cover the skillet, bring to a boil and reduce the heat. Simmer for 20 to 25 minutes, until the rice and the chicken are cooked through.

Remove the chicken from the skillet and shred it with two forks. Don't shred it too thin. Return the chicken to the skillet and carefully mix it in with the rice. Serve.  
Sprinkle some chopped cilantro on top (optional) and some avocado slices or cubes. Serve with lime wedges and enjoy!

