

Mexican Chicken and Rice

Burt Kemp

6 chicken breast or chicken thighs (skin-on and bone-in) - excess fat trimmed
¼ cup olive oil
4 cloves garlic, minced
2 tsp Burt's Mexican Seasoning
Juice of 1 lime

For the rice
Olive oil for pan
½ cup diced yellow onions
4 cloves garlic, minced
2 cups long grain rice - rinsed through a colander
1 tablespoon tomato paste
1 can (10 ounces) Rotel tomatoes and chilies
3 ½ cups chicken broth
Salt and pepper to taste

Topping for servings: Cilantro, queso fresco, lime wedges

Marinate the chicken: In a large Ziploc bag, combine the marinade ingredients. Add the chicken thighs into the marinade, making sure they are thoroughly covered. Seal the bag and let it marinate in the fridge for 20 to 30 minutes, or overnight.

Preheat oven to 350 degrees F.

In a large oven-proof deep skillet with a lid, heat 2 tablespoons of olive oil over medium-high heat. Sear the marinated chicken thighs, skin-down first, until golden brown, about 3 to 4 minutes. Then, flip them over and sear for another 3 minutes. Transfer to a plate. The chicken won't be fully cooked at this point. Tip: Give each side time to sear undisturbed to lock in all the flavors and get a golden-brown crust.

Don't wipe the skillet clean – we'll use these brown bits to build flavors.

Add the onions and sauté for about 3 minutes until softened. Add the minced garlic, and cook until fragrant, about 1 to 2 minutes.

Add the rice and tomato paste and stir to coat. Stir in the Rotel tomatoes and chilies.

Then stir in the chicken broth and combine evenly. Season with Burt's Mexican Seasoning to taste. Bring it to a simmer and return the seared chicken, nesting it under the rice.

Bring back to a simmer. Cover tightly with the oven-proof lid. Finish cooking in the oven for 30 to 35 minutes. Tip: Avoid opening the lid, otherwise the steam will escape, and the rice may not be cooked properly.

Let it rest for 10 minutes before serving. To serve, top with cilantro, crumbled queso fresco, and lime wedges. Enjoy!

Makes:

Serves: 6

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Burt Kemp - Chef