

## One Pot Autumn Herby Chicken with Butter Toasted Rice

Serves 3 – 4

One pot dishes with herbs are great: all the herby flavours have time to infuse through the dish.

Try this full flavoured chicken dish — for a veggie option replace the chicken with wedges of butternut squash.

6 – 8 chicken thighs (with or without bone)  
2 tbs olive oil  
2 tbs chopped [thyme](#)  
2 tbs chopped [rosemary](#)  
1 tbs brown sugar  
50g butter  
150g orzo pasta  
270g basmati and wild rice mix  
250 g button mushrooms, halved if large  
3 carrots, in 1cm cubes  
625ml chicken stock  
250ml white wine  
2 tbs lemon juice  
2 tbs chopped flat leaf [parsley](#)  
6 large [sage leaves](#), rolled and finely sliced  
2 onions, peeled and cut into large chunks  
salt and pepper to taste  
4 cloves of garlic, thinly sliced



Method:

- Put the chicken in a large bowl and sprinkle over 1 tbs of the olive oil, plus the thyme, rosemary, brown sugar and some salt and pepper. Toss together well.
- In a large ovenproof pan, with a lid, heat the remaining oil over a high heat and brown the chicken pieces well on both sides. You may need to do this in 2 batches.
- Reduce the heat to medium low and melt the butter.
- Add the orzo and stir fry until just starting to become golden brown, then add the rice and continue stirring for another 2 minutes.
- Add the carrots and mushrooms and stir fry for a further 2 minutes.
- Remove from the heat and add the wine, hot stock and a little more salt and pepper, using a spatula to stir up any browned bits on the bottom of the pan.
- Place the chicken on top of the rice and sprinkle over the lemon juice. Scatter over the parsley, sage and garlic and arrange the onion pieces on top.
- Cover and bake at 180°C / Gas mark 5 for 45 minutes.
- Remove from the oven. The stock should all have been absorbed.
- Add another 75 ml of stock and return to the oven for a further 10 minutes, uncovered to allow the chicken to crisp up.
- Serve with a fresh green vegetable like sprouting broccoli or a crisp green salad.