

WHAT YOU NEED

- 4 chicken thighs
- 1 onion
- 1 dessertspoon of cooking oil
- 1 tin of tomatoes
- 1 dessertspoon of tomato purée
- 1 clove of garlic
- 1 cup of rice
- ½ cup of water
- 2 teaspoons of dried mixed herbs

How to Make One Pot Chicken & Rice

Serves 4

1



Peel then chop onion and garlic, quickly soften on a medium heat.

2



Brown chicken thighs, add to the slow cooker with onions and garlic.

3



Add the tin of tomatoes, tomato purée and water to the slow cooker.

4



Stir everything well, cook on high for 4 hours or low for 8 hours.

5



Wash rice, cook in boiling water for 10 mins, until soft and fluffy. Add to the slow cooker 15 minutes before serving.

6



When ready the rice, chicken, and vegetables will be soft and steaming hot, all the way through.