

## Flavourful Chicken

Preparation time	<b>15 minutes</b>
Cooking time	<b>55-60 minutes</b>
Servings	<b>4</b>
Cost per serving	<b>\$2.36</b>
Storage	<b>3 days in the fridge. Can be frozen.</b>

**Kitchen tools** **Measuring cups and spoons, cutting board, sharp knife, 2 plates, large pot that can go into the oven (or a large baking dish), tongs, wooden spoon.**



## Ingredients



**4 chicken thighs with skin**  
(approx. 1 kg/2 lbs)



**10 ml (2 tsp) curry powder**



**5 ml (1 tsp) ground cumin**



**15 ml (1 tbsp) canola oil**



**Salt and pepper**  
to taste



**1 large or 2 small yellow onions, peeled and sliced**



**4 garlic cloves, peeled and minced**



**3 celery sticks, finely chopped**



**2 bananas, peeled and sliced**

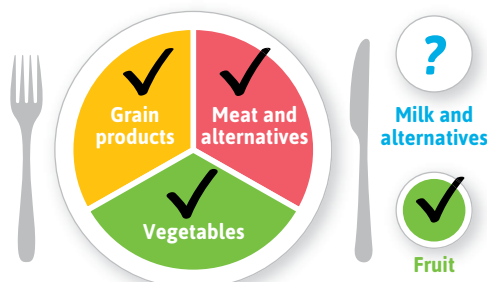


**375 ml (1 1/2 cup) rice**



**750 ml (3 cups) chicken broth**

Illustrations © Québec Amérique. All rights reserved (ikonet.com)




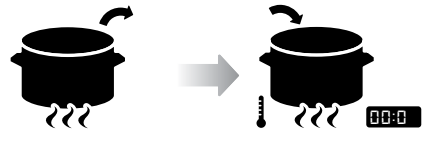

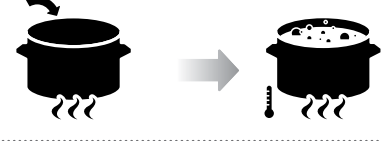
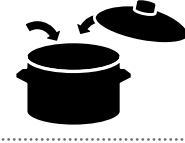
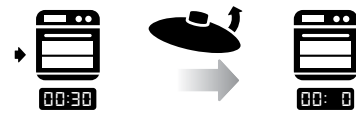


## Balanced plate

Serve with:

- ? Vegetables (salad or green vegetables, for example) and a fruit to round out the serving
- ? A glass of milk or fortified soy beverage

# Directions

1	Place oven rack in the middle position and preheat the oven to 190°C (375°F).	
2	In a plate, season the chicken thighs with the <b>curry powder</b> and <b>cumin</b> .	
3	In a pot that can go into the oven, heat <b>oil</b> over medium-high heat. Cook the <b>chicken thighs</b> for about 3 minutes on skin side until golden brown. Then turn the chicken pieces over and cook for another 3 minutes. <b>Tip:</b> If your pot isn't big enough to cook the 4 chicken thighs at the same time, cook them in two separate batches or use two pots (or frying pans).	
4	Remove the chicken thighs from the pot and set aside on a clean plate. In the same pot, add the <b>onion, garlic</b> and <b>celery</b> , and cook for 5 minutes over medium-high heat (add a bit more oil, if needed).	
5	Add the <b>bananas</b> and <b>rice</b> . Cook for 2 minutes.	
6	Add the <b>chicken broth</b> and continue cooking until the broth begins to boil.	
7	Place the chicken thighs over the vegetables.	
8	Cover and bake for about 30 minutes. Remove the cover and continue baking another 20 minutes. <b>Tips:</b> If your pot can't go in the oven, pour the contents into an oven-proof baking dish. Cover the dish with a lid or aluminum foil. Use the cooking time to prepare your side dishes.	

My rating: ★ ★ ★

---



---



---

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition