

Flavourful Chicken

Preparation time **15 minutes**

Cooking time **55-60 minutes**

Servings **4**

Cost per serving **\$2.36**

Storage **3 days in the fridge.
Can be frozen.**

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

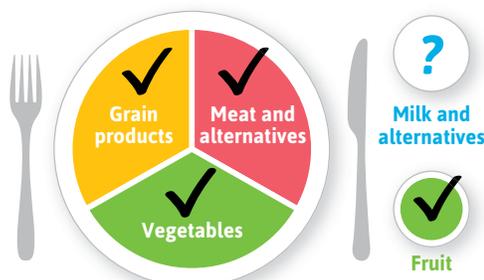


375 ml (1½ cup)
rice



750 ml (3 cups)
chicken broth

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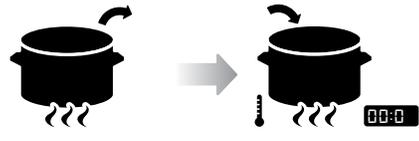
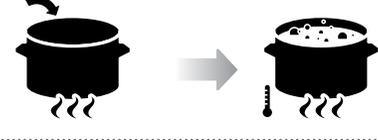
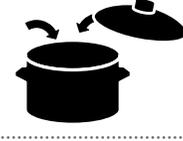
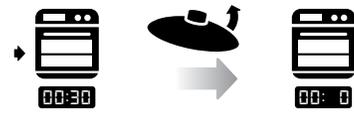


Balanced plate

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 curry powder and cumin .	
3	In a pot that can go into the oven, heat oil over medium-high heat. Cook the chicken thighs for about 3 minutes on skin side until golden brown. Then turn the chicken pieces over and cook for another 3 minutes. Tip: 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 onion, garlic and celery , and cook for 5 minutes over medium-high heat (add a bit more oil, if needed).	
5	Add the bananas and rice . Cook for 2 minutes.	
6	Add the chicken broth 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. Tips: 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