



# BBQ CHICKEN THIGHS

with Cheesy Vegetable Rice

FAMILY



**HELLO**  
**BBQ CHICKEN**

Nothing like sweet, smoky barbecue flavour on juicy chicken thighs!

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 855**



Chicken Thighs



BBQ Sauce



Thyme



Onion, chopped



Red Bell Pepper



Corn Kernels



Parsley



Cheddar Cheese, shredded



Basmati Rice



Chicken Broth Concentrate

## BUST OUT

- Aluminum Foil
- Baking Sheet
- Silicone Brush
- Large Non-Stick Pan
- Measuring Cups
- Medium Pot
- Measuring Spoons
- Paper Towel
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

4-person

- Chicken Thighs 570 g
- BBQ Sauce 6,9 4 tbsp
- Thyme 10 g
- Onion, chopped 113 g
- Red Bell Pepper 380 g
- Corn Kernels 227 g
- Parsley 20 g
- Cheddar Cheese, shredded 2 1 cup
- Basmati Rice 1 cup
- Chicken Broth Concentrate 2

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG

Preheat broiler to **high** (to broil chicken thighs).



**1 PREP** Wash and dry all produce.\* In a medium pot, add **2 ⅔ cups water** and **broth concentrates**. Cover and bring to a boil over high heat. Meanwhile, core, then cut the **bell peppers** into ½-inch cubes. Strip **2 tbsp thyme leaves** off the stems. Roughly chop the **parsley**.



**4 COOK VEGGIES** Meanwhile, using the same pan, reduce the heat to medium, then add **1 tbsp oil**, then the **onions, peppers, corn** and **thyme**. Cook, stirring occasionally, until the **peppers** are tender-crisp, 3-4 min. Remove the pan from the heat and set aside.



**2 SEAR CHICKEN THIGHS** Add **rice** to the medium pot with the **boiling broth**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** has been absorbed, 12-14 min. Meanwhile, pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then the **chicken**. Sear until golden-brown, 2-3 min per side.



**5 FINISH RICE** When the **rice** is finished cooking, stir the **rice, parsley** and **cheese** into the pan with the **veggies**. Season with **salt** and **pepper**.



**3 BROIL CHICKEN** Meanwhile, line a baking sheet with foil and brush with **1 tbsp oil**. When the **chicken** is golden-brown, transfer the **chicken** to the foil-lined baking sheet. Brush the **BBQ sauce** over the tops of **chicken**. Broil in the middle of oven until **chicken** is cooked through, 5-6 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.\*\*)



**6 FINISH AND SERVE** Divide the **cheesy veggie rice** between plates and top with the **BBQ chicken**.

## SAY CHEESE!

The secret to this delicious rice is the cheesy flavour you get in every bite!