

Pineapple Orange Chicken & Rice



PREP TIME : 15 MIN

COOK TIME : 25 MIN

SERVES : 4

Ingredients :

- ***1 tbsp (15 mL) vegetable oil***
- ***1 1/2 lb (750 g) bone-in chicken thighs (with skin)***
- ***1/2 tsp (5 mL) garlic powder***
- ***Salt and pepper***
- ***2 cups (500 mL) chicken broth***
- ***1 cup (250 mL) Uncle Ben's Long Grain Perfection[®] Rice***
- ***1/2 cup (125 mL) each: diced sweet red and green peppers***
- ***1 can (10 oz/284 mL) mandarin oranges, drained***
- ***1 cup (250 mL) VH[®] Pineapple Cooking Sauce***
- ***1/3 cup (75 mL) slivered almonds, toasted***

Directions :

- 1. Heat oil in large skillet with lid or electric frypan over medium-high heat. Season chicken with garlic powder, salt and pepper. Cook until browned on both sides. Remove from pan and discard skin if desired.***
- 2. Stir in chicken broth, Uncle Ben's Long Grain Perfection[®] rice and peppers. Bring to a boil. Place chicken thighs on top of rice. Reduce heat; cover and simmer 12 to 15 minutes until rice***



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is tender.

3. Stir in oranges and sauce. Heat through. Top with almonds before serving.

Variation: To spice this recipe up, try adding 2 seeded, chopped jalapeño peppers in step 2.

Chicken thighs in a tangy fruit sauce with rice, topped with toasted almonds.