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Tomato Rice With Chicken and Green Beans

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 mins	43 mins	53 mins	4 servings

NOTE

Recipe excerpted with permission from "Keeping It Simple" by Yasmin Fahr, published by Hardie Grant Books, February 2020.

To save time, use shredded leftover or rotisserie chicken. Add the shredded chicken to the tomato rice at the same point the pulled chicken is added to the recipe (Step 4). Make sure to use the correct amount of passata as too little will undercook the rice.

Ingredients

- 2 tablespoons olive oil
- 1 large yellow onion, diced
- Salt and freshly ground black pepper
- 1 teaspoon ground turmeric
- 1 pound boneless skinless chicken thighs (see Recipe Note)
- 2 cups (500g) passata (strained tomatoes) (see Recipe Note)
- 2 cups (500mL) water
- 1 cup (200g) basmati rice or other long-grain rice, rinsed
- 1 cup (150g) frozen cut green beans, sliced into 2-inch pieces
- Greek yogurt or labneh, for serving

Method

1. Cook the onions:

Heat the oil in a flameproof casserole dish (Dutch oven) or large frying pan (skillet) with a tight-fitting lid over medium heat until shimmering. Add the onion and a pinch of salt and cook, stirring frequently, until softened, about 4 minutes. Stir in the turmeric, cooking until fragrant, about 1 minute.

2. Cook the chicken:

Season the chicken generously with salt and pepper. Add to the pan along with the passata and water, adjust heat to maintain an active simmer (avoid bringing it to a boil). Simmer until the chicken is cooked through, about 10 minutes, stirring occasionally, turning it over if not completely submerged. Use tongs to remove the chicken, holding it over the pot to drain any liquid, then place in a shallow bowl or plate.

3. Add the rice:

Add the rice and salt then raise the heat to maintain an active simmer. Cover and cook until the rice is soft and most of the liquid has been absorbed, about 15 to 20 minutes, stirring to make sure nothing sticks to the bottom. Keep the heat low to avoid burning and try to open the lid as little as possible. Add more water, if necessary, in 1/2-cup (125mL) increments.

4. Meanwhile, shred the chicken:

Use this time to shred the chicken with a fork and knife.

5. Assemble and serve:

When the rice is ready, stir in the green beans, chicken, and any liquid, until the beans are soft and the chicken warm, about 3 minutes. Cover and let sit for 5 minutes off the heat. Adjust the seasoning as needed then serve with the yoghurt.

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Nutrition Facts (per serving)

339	16g	21g	30g
CALORIES	FAT	CARBS	PROTEIN