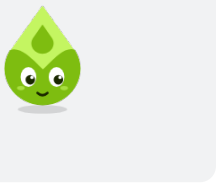
Dinner

Brazilian Style Chicken and Rice Broth

A comforting Brazilian broth where chicken thigh simmers with tomatoes, carrots, potatoes and rice until everything is tender, then each bowl is finished with parsley.

65 min	270	20.3 g	4.9 g
time	calories	carbs	sugars



Nut free

Ingredients, 6 servings

- [ ] 700 g chicken thigh, fat removed
- [ ] 1 tablespoon extra virgin olive oil
- [ ] 1 small brown onion, diced
- [ ] 2 garlic cloves, minced
- [ ] 3 Roma tomatoes, halved and seeded
- [ ] 1 celery stalk chopped
- [ ] 2 sprigs of fresh thyme
- [ ] 375 ml of reduced salt chicken stock
- [ ] 3 large carrots, peeled and sliced
- [ ] 2 small lower GI potatoes, peeled and diced
- [ ] ½ cup of uncooked low GI rice
- [ ] 1.25 litres of water
- [ ] Salt and pepper to taste
- [ ] One handful of chopped parsley

Nutrition Facts

Per serving

Calories	**270**
Total fat	9.3 g
Saturated fat	2.4 g
Sodium	249 mg
Total carbs	20.3 g
Fiber	Not listed
Total sugars	4.9 g
Protein	25 g

Method

- [ ] **1** Heat the extra virgin olive oil in a large pot over medium heat and brown the chicken thigh on all sides, then lift it out and set it aside.
- [ ] **2** Tip the brown onion, garlic cloves, Roma tomatoes, celery stalk and sprigs of fresh thyme into the pot and cook for about 5 minutes until softened and fragrant.
- [ ] **3** Return the chicken thigh to the pot and pour in the reduced salt chicken stock and the water.
- [ ] **4** Bring to a gentle simmer, then stir in the carrots, potatoes and uncooked low GI rice.
- [ ] **5** Cover and simmer for about 35 minutes, until the chicken is cooked through, the vegetables are tender and the rice is plump.
- [ ] **6** Lift out the chicken thigh, shred the meat and stir it back into the pot, then remove and discard the sprigs of fresh thyme.
- [ ] **7** Season with salt and pepper to taste, ladle into bowls and scatter chopped parsley over each serving.

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