



# One Pan Chicken & Rice



prep time  
15 minutes



total time  
55 minutes



servings  
6

## Ingredients

- 6 boneless chicken thighs or breasts/~450 grams (skin on or off)  
~ 13 protein servings
- 2 tablespoons extra virgin olive oil  
~ 2 fat servings
- 1/4 cup grated parmesan  
~ 1 protein serving, 1/2 fat serving
- 4 cloves garlic, chopped
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper
- kosher salt and black pepper
- 1 cup dry white jasmine rice  
~ 9 carb servings
- 3/4 cup dry orzo pasta  
~ 6 carb servings
- 1 yellow onion, chopped  
~ 1 veggie serving
- 1 cup diced zucchini small  
~ 1 veggie serving
- 1 cup broccoli diced small  
~ 1 veggie serving
- 1/2 cup shredded carrots  
~ 1/4 carb serving
- 1 tablespoon chopped sage, plus 8 sage leaves
- 2 cups chicken broth
- 1 tablespoon salted butter  
~1 fat serving

# simple dinner

## Instructions

- 1 Preheat the oven to 400°.
- 2 In a bowl, toss together the chicken, olive oil, parmesan, garlic, thyme, rosemary, paprika, cayenne, salt, and pepper.
- 3 Pour the rice, orzo, all veggies, and chopped sage into a 9×13-inch baking dish. Pour 2 cups broth over the food in the dish. Add 1 tablespoon butter.
- 4 Heat a cast iron pan over high heat and brown both sides of each chicken piece.
- 5 Arrange the chicken over the rice and zucchini. Cover with foil. Bake 30-40 minutes, until the rice is fluffy and the chicken is cooked through. If the rice is hard, add 1/3 cup water and cook for an additional 10 minutes.
- 6 Serve the chicken and rice. And enjoy!



Whole Recipe Breakdown:  
14 Servings Protein  
15 1/4 Servings Carb  
3 1/2 Servings Fat  
3 Servings Veggies

