

LITA'S PERUVIAN ONE DISH BAKE

I've taken the typical chicken and rice casserole dish and spiced it up with our new Lita's Peruvian spice. It is a super easy way to get a comforting weeknight meal to the table and will definitely "Excite your Taste Buds, naturally"!

INGREDIENTS:

- 2 Tbsp Fennel and Fire Lita's Peruvian spice
- 1 Tbsp lime juice
- 3 cloves of garlic - crushed
- 8 Chicken Thighs skin on bone in
- Zest from one lime
- 1 1/4 cup Ralston Farm jasmine rice
- 2 cups of quality chicken stock
- 1 small white onion quartered
- 1/2 cup roasted red pepper
- Two limes quartered for serving
- Two Tbsp of chopped parsley



DIRECTIONS:

Marinate: Place chicken thighs, lime juice, Fennel and Fire Lita's Peruvian spice, and crushed garlic in a zip lock bag. Add eight chicken thighs to the bag. Massage the thighs so that the spice covers them. Let the thighs marinate in the zip lock bag for no less than 30 min and up to 24 hours in the fridge.

Bake: Preheat the oven to 350 degrees. Spray an 11 x 7 casserole dish with cooking oil. Place one cup of uncooked jasmine rice into a casserole dish. Spread the rice out evenly. Gently pour 2 cups of chicken broth over the rice. Place the chicken thighs skin side up on the rice in a single layer. Tuck the onion slices and roasted red pepper around the chicken thighs. Cover dish with aluminum foil and bake for 25 min. Remove aluminum foil and bake for another 30-35 min or until the chicken reaches an internal temperature of 160 degrees. Sprinkle parsley and lime zest over the top of dish and squeeze half of a lime over the dish. Serve with a quarter of lime.

