

Lemon Turmeric Chicken Thighs over Rice ?

Cooking Instructions

This dish has 3 parts: Seasoned Chicken Thighs/Onions, Rice, and Fresh Lemon.

Thaw Chicken/Onions: Submerge the well-sealed bag in water for 15–20 minutes, until thawed. Start rice while chicken thaws.

Rice:

1. Combine 1 cup white rice, 1 1/2 cups water, and 1/4 teaspoon salt (optional) in a saucepan.
2. Heat to boiling and stir once.
3. Reduce heat, cover, and simmer 15–20 minutes, until rice is tender.

Cooking Method: QuickThaw/Sauté

Stovetop: Heat a little oil in a large skillet over low-medium heat. Add chicken to the pan, then open and add the onions. Sauté, turning chicken once and stirring onions, about 7 minutes per side.

Finish: Add juice of 1/2 lemon and 1/2 cup water to the pan. If sauce seems dry, add 1/4 cup more water. Cover and simmer another 5 minutes, until chicken is cooked through. Squeeze the other 1/2 lemon over the chicken, if desired. Serve chicken over rice.

Internal temp: 165°F.

Serving Suggestions: Serve with a cucumber tomato salad. Pinot Grigio.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.



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