



CURRY CHICKEN THIGHS & RICE

INGREDIENTS:

- 8 bone-in, skin on chicken thighs
- 2 cans unsweetened coconut milk
- 1 can fire roasted diced tomatoes
- 1 tbsp tomato paste
- 1 ½ tbsp of Madras curry powder
- 1 tbsp LSR, Lisa's Steak Rub
- 2 cups Jasmine rice, 2 cups of water

LET'S BEGIN:

STEP ONE: In a large heavy skillet over medium high heat, put enough neutral oil to cover the bottom of the pan (approximately 1 ½ tbsp). Sprinkle the top of the chicken with the LSR. Place in the hot pan skin side down. Cook until skin becomes crispy and the chicken releases easily. Turn over and cook an additional 3-5 minutes, reducing the heat to medium.

STEP TWO: Place chicken on a baking sheet and place in a pre-heated 425-degree oven to allow it to cook through.

STEP THREE: Rinse the rice and place in a saucepan large enough to hold the rice with the water. Add equal parts water to rice. I plan ½ cup of dry rice per serving. This recipe will easily serve 4, which you can plan 2 cups of rice, rinsed with 2 cups of water. Stir the rice and bring to a boil. Turn heat off, stir again, and place top on pan. It will be 30 minutes before the chicken is done from this point and the rice will be perfect.

STEP FOUR: Meanwhile, Place tomatoes, curry powder, tomato paste, and coconut milk in the pan that you seared the chicken in. Reduce heat to medium low. Stir to combine all the ingredients and allow it to simmer and reduce for 10 minutes.

STEP FIVE: Remove the chicken from the oven and place in the pan with the simmering sauce. Keeping the heat on low allow the chicken and sauce to simmer together. I keep the crispy chicken skin out of the sauce, so it stays crispy!

Serve the chicken over the rice, add some cilantro a squeeze of lime and some chopped scallions if you like. I also love serving mine with Naan bread!

Enjoy!