BRAZILIAN · LUNCH · DINNER

Galinhada: Brazilian Chicken and Saffron Rice

60 min · Serves 5 · 645 kcal a serve · Video 6:32 · Easy and Delish

Gluten-free ingredients · No dairy listed · No nuts listed

A complete one-pot meal: each serve has about 35 g protein, most of it from the chicken thighs, with capsicum, tomato and peas cooked into the rice for about 50 mg vitamin C and no added sugar.

Diet notes: Low saturated fat (5.1 g, 7% of the energy).

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Ingredients 18 · SERVES 5

- [ ] 2 lb **chicken thighs** (4–5), skin-on and bone-in as in the video (the written recipe also allows boneless skinless)
- [ ] 2 tsp **salt**
- [ ] ½ tsp **ground black pepper**
- [ ] ½ tsp **ground cumin**
- [ ] 5 **saffron threads**, steeped in ½ cup hot water
- [ ] 2 tbsp **olive oil** (pour off all but about 1 tbsp of fat after searing)
- [ ] 1 small **white onion**, diced
- [ ] 1 large **green bell pepper**, diced
- [ ] 4 cloves **garlic**, minced
- [ ] 2 cups **parboiled long-grain white rice**
- [ ] ½ cup **white wine**
- [ ] 3 cups **chicken broth**
- [ ] 1 tsp **tomato paste**
- [ ] 1 **bay leaf**
- [ ] 3 large **tomatoes**, skinned, seeded and diced
- [ ] ¾ cup **fresh or frozen peas**
- [ ] **Lemon juice**: juice of ½ lemon
- [ ] 2 tbsp chopped **green onions**

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rub the chicken thighs with the salt, pepper and cumin and leave at room temperature for 30 minutes. Meanwhile steep the saffron threads in ½ cup hot water. 0:23
2. Heat the oil in a large pan over medium-high heat and sear the thighs skin-side down for 3–4 minutes until golden, then 3–4 minutes on the other side. Lift them onto a plate and pour off all but about 1 tbsp of fat. 0:53
3. Lower the heat to medium and soften the onion and green capsicum for 3–4 minutes. Add the garlic for a minute, then stir the rice through for 2 minutes. 1:39
4. Pour in the wine and let it almost evaporate. Stir in the tomato paste, broth, saffron water and bay leaf, nestle the chicken and its juices on top and bring to the boil. 2:21
5. Cover and cook on medium-low for 12–15 minutes until the rice is al dente and has soaked up the liquid. Add the tomatoes and peas for the last 3 minutes, covered. 3:12
6. Squeeze the lemon over the chicken and scatter with green onions to serve. 3:51

> **Tip** Serves 5 (the cook's written recipe). Use reduced-salt broth or halve the salt to cut sodium. Pressure-cooker option: cook 10 minutes on high, then release naturally.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
645 kcal	35 g	76 g	4.3 g	20 g	1,390 mg
2,700 kJ	70% of a day	72 g net · 6.4 g sugars	15% of a day	5.1 g saturated	61% of a day
		28% of a day		26% of a day	

Energy from net carbs 47% · protein 23% · fat 30%

High in (20%+ of a day) Selenium 78% · Vitamin C 56% · Vitamin B6 42% · Zinc 35% · Magnesium 20%

Source of (10–19%) Vitamin K 19% · Potassium 17% · Iron 16% · Vitamin B12 14% · Folate 13% · Vitamin A 11% · Vitamin E 10% · Omega-3 10%

⚠ One serve has about 61% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Easy and Delish (@EasyandDelish) on YouTube — youtube.com/watch?v=MjPSgqPeEGw, published 22 July 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/galinhada-brazilian-chicken-rice