

Foodnity Recipes

Slow Cooker Lemon Herb Chicken and Rice

15 min Prep time	**4 h** Cook time	**4 h 15 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs boneless, skinless chicken thighs, trimmed
- [ ] 1 cup long-grain rice, rinsed
- [ ] 2 cups low-sodium chicken broth
- [ ] 1 lemon, zest and juice
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried rosemary
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp sea salt
- [ ] ½ tsp black pepper

Optional Add-Ins

- [ ] ½ cup frozen peas
- [ ] 1 small carrot, diced
- [ ] Fresh parsley, chopped for garnish

Instructions

1. Season the chicken thighs with salt, pepper, and half of the lemon zest. Heat olive oil in a skillet over medium heat, then brown the chicken on both sides for 3-4 minutes; this step builds flavor.
2. Transfer the browned chicken to the slow cooker. Add minced garlic, dried thyme, rosemary, the remaining lemon zest, and the juice of the lemon.
3. Pour the chicken broth over the chicken, then sprinkle the rinsed rice on top. Do not stir; let the rice sit atop the broth to absorb heat evenly.
4. Cover and cook on low for 4 hours, or on high for 2 hours, until the rice is tender and the chicken easily pulls apart.
5. If using peas or carrots, stir them in during the last 30 minutes of cooking. Once done, fluff the rice with a fork and garnish with fresh parsley.

Nutrition per serving

420 kcal	30 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra brightness, add a second lemon half-slice on top before serving.
- If the rice is a bit firm, stir in a splash of warm broth and let it sit covered for 5 minutes.
- Taste and adjust seasoning with a pinch more salt or pepper as needed.