

# Rice Stuffed Chicken Thighs

Tender chicken thighs stuffed with fragrant rice, herbs, and pomegranate seeds. This Turkish-inspired dish combines savory chicken with aromatic rice filling.

25 min

PREP

30 min

COOK

55 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 6 chicken thigh
- 1 cup rice
- 4 tbsp pomegranate
- 1 onion
- 1 clove
- 6 sprig fresh oregano
- 6 tbsp olive oil

## Instructions

### 1 Prepare the rice filling

Heat 2 tablespoons olive oil in a medium saucepan over medium heat. Add the diced onion and cook for 4-5 minutes until soft and translucent, stirring occasionally.

2 Add 1 cup rice to the pan and stir constantly for 2 minutes until the grains are lightly toasted and fragrant. Pour in 1.5 cups hot chicken broth and bring to a boil.

3 Reduce heat to low, cover tightly, and simmer for 15 minutes until the rice is tender and liquid is absorbed. Remove from heat and let stand covered for 5 minutes.

4 Fluff the rice with a fork and stir in the minced garlic, pomegranate seeds, and chopped thyme leaves from 6 sprigs. Season with salt and pepper to taste, then set aside to cool completely.

### 5 Prepare the chicken

Preheat oven to 375°F (190°C). Pat 6 chicken thighs completely dry with paper towels and season both sides generously with salt and black pepper.

- 6 Place each thigh skin-side down on a cutting board. Spoon 3-4 tablespoons of the cooled rice mixture onto the center of each thigh, then fold the edges over to completely enclose the filling.
- 7 Secure each stuffed thigh with 2-3 toothpicks to hold the seam closed. Place seam-side down in a large baking dish, spacing them evenly apart.
- 8 **Roast and serve**

Brush the tops of the chicken with the remaining 4 tablespoons olive oil. Bake for 30-35 minutes until the skin is golden brown and crispy and internal temperature reaches 165°F (74°C).
- 9 Remove from oven and carefully remove all toothpicks. Let rest for 5 minutes before serving to allow juices to redistribute.

## Tips

Partially cook the rice filling before stuffing to ensure it finishes cooking at the same time as the chicken.

Use kitchen twine or toothpicks to secure the stuffed thighs, preventing the filling from spilling out during cooking.

Let the chicken rest at room temperature for 15-20 minutes before cooking for more even cooking throughout.

Check the internal temperature with a meat thermometer - the thickest part should reach 165°F (74°C).

Save time by preparing the rice filling up to one day ahead and storing it covered in the refrigerator.

Pat the chicken skin dry before seasoning to help achieve crispy, golden-brown skin.

If the skin browns too quickly, tent the dish with foil during the last 10 minutes of cooking.

Allow stuffed thighs to rest for 5-10 minutes after cooking before slicing to keep the filling intact.