

Jasmine Skillet Chicken and Rice

Prep Time: 15 minutes

Total Time: 50 minutes

Cook Time: 35 minutes

4 boneless, skinless chicken thighs

1 C jasmine rice

2 C water

2 T [Black Jasmine Song](#) tea

1 T olive oil

1 onion, finely chopped

2 cloves garlic, minced

1 t grated ginger

1 bell pepper, diced

1 carrot, diced

1/4 C soy sauce

2 T honey

1 T rice vinegar

Salt and pepper to taste

Green onions and sesame seeds for garnish

BREW THE TEA: Bring 2 cups of water to a boil. Remove from heat and steep the Black Jasmine Song for 5 minutes. Discard the tea and let the tea cool.

COOK THE CHICKEN: Heat the olive oil in a large skillet over medium-high heat. Season the chicken thighs with salt and pepper. Sear the chicken thighs in the skillet for 4-5 minutes on each side until golden brown. Remove the chicken from the skillet and set aside.

PREPARE THE VEGETABLES: In the same skillet, add the chopped onion, garlic, and grated ginger. Sauté for 2-3 minutes until fragrant. Add the diced bell pepper and carrot and cook for another 3-4 minutes until the vegetables are tender.

COOK THE RICE: Add the jasmine rice to the skillet and stir to combine with the vegetables. Pour in the brewed tea, soy sauce, honey, and rice vinegar. Stir well to combine.

COMBINE AND SIMMER: Return the seared chicken thighs to the skillet, nestling them into the rice mixture. Bring the mixture to a boil, then reduce the heat to low. Cover the skillet and simmer for 20-25 minutes, or until the rice is tender and the chicken is cooked through.

SERVE: Remove the skillet from the heat and let it rest for a few minutes. Garnish with sliced green onions and sesame seeds before serving.