



RECIPE OF THE WEEK: 05/08/2020

**KOTOPOULO ME PILAFI RIZI
(CHICKEN WITH RICE PILAF)**

Serves 4

Ingredients

1x1.5kg organic or free-range chicken, jointed into 8 pieces
3tbsp extra virgin olive oil
2 medium onions, finely chopped
1 tbsp dried oregano
2 cloves garlic, crushed
4 ripe medium tomatoes, roughly chopped
or
1x400g canned chopped tomatoes
2 bay leaves
400ml chicken stock or hot water
200g long grain rice, rinsed and drained
1tbsp chopped fresh flat-leaf parsley
sea salt and freshly ground black pepper
To garnish a small handful of chopped fresh flat-leaf parsley

Method

1. On a high heat, in a large heavy-based casserole, fry the chicken pieces in the olive oil for 5 minutes until golden brown. Season with salt and pepper. With a slotted spoon transfer the chicken to the plate and set aside.
2. On a medium heat in the same pan the chicken was fried, add the onion and oregano and fry for 3 minutes until pale brown. Add the garlic and cook for a further minute. Stir in the chopped tomatoes, the bay leaves, stock or water and bring to the boil. Add the chicken pieces, cover and cook gently for 45 minutes, stirring and turning the chicken every now and then. Taste and correct the seasoning if necessary.
3. Stir in the rice and the parsley, cover and simmer gently for 20 minutes without stirring the pilaf. Add a little water during cooking if needed.
4. Take the casserole off the heat, cover with a towel and then its lid and let it stand for 5 minutes for the rice to become light and fluffy.
5. Discard the bay leaves.
6. Arrange the chicken and rice pilaf on 4 serving plates, sprinkle with the parsley and serve immediately with yoghurt and salad.