

# SENSELESS

RECIPES

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## MEXICAN CHICKEN

with Black Beans & Rice



Josh Katz

# MEXICAN CHICKEN

👤 Serves 4 ⌚ Cooks xx minutes

## SENSE

### INGREDIENTS

1kg chicken thigh, with bone and skin  
75ml olive oil  
2 garlic cloves, minced  
¾ tsp ground cumin  
½ tsp chilli powder  
¾ tsp ground coriander  
1 lime, zested & juiced  
1 green chile, stalk removed and roughly chopped  
4g sugar  
20g coriander, chopped  
12g salt, divided  
2 white onions, finely chopped (250g in total)  
200g long-grain rice  
2 tbsp tomato paste  
400g tin of black beans, 240g drained weight, washed  
370ml chicken stock  
80g sour Cream  
120g guacamole (optional)  
Flaked salt & black pepper

## SENSELESS

### INGREDIENTS

1kg chicken thigh, with bone and skin  
75ml olive oil  
2 garlic cloves, minced  
1 tsp ground cumin (+)  
1 tsp chilli powder (+)  
¾ tsp ground coriander  
1 lime, zested & juiced  
1 green chile, stalk removed and roughly chopped  
7g sugar (+)  
20g coriander, chopped  
20g salt, divided (+)  
2 white onions, finely chopped (250g in total)  
200g long-grain rice  
3 tbsp tomato paste (+)  
400g tin of black beans, 240g drained weight, washed  
370ml chicken stock  
120g sour Cream (+)  
120g guacamole (optional)  
Flaked salt & black pepper

## METHOD

- 1 Preheat an oven to 200°C/180°C Fan/Gas Mark 6.
- 2 Combine 50ml olive oil, the garlic, ground cumin, chile powder, ground coriander, lime juice and zest, green chilli, sugar and half the coriander in a blender and process until smooth. Season with 1½ teaspoons salt and some black pepper, then mix everything together.
- 3 Cover the chicken with the marinade, ensuring it is evenly and completely coated throughout, then set aside in a suitable storage container or freezer bags, to marinade for 2-24 hours.
- 4 Heat a deep heavy-based frying pan or casserole pan over medium-high heat and sear the chicken for 3-5 minutes on both sides, until coloured golden brown, then remove from the pan and transfer to a plate.
- 5 Return the pan to a medium heat, add the remaining olive oil to it (if needed) and sweat the onion for 7-10 minutes, stirring occasionally, until softened and just starting to colour.
- 6 Add the rice, 1 teaspoon salt and plenty of black pepper, stir well and fry for a couple of minutes so that the rice absorbs the flavour of the pan. Stir through the tomato paste and cook out for 2-3 minutes, followed by the black beans.
- 7 Return the seared chicken to the pan and push into the rice, then carefully ladle the chicken stock over the rice and chicken, cover the pan and transfer to your oven to cook for 25-30 minutes until the chicken is cooked through and the rice has absorbed all of the stock.
- 8 Transfer the pan from your oven, remove the lid and quickly place a clean tea towel over the pan and then return the lid. Leave undisturbed for 5-10 minutes, then add the chopped coriander and stir them into the rice with a fork. Taste for seasoning and adjust accordingly. Serve hot with the sour cream and guacamole (if using) dolloped on top or alongside and the lime quarters for squeezing over the top.

