



GALINHADA RECIPE BRAZILIAN CHICKEN & RICE

Ingredients

- 11 ounces (300 grams) chicken breast, cut into large pieces
- 2 bouillon cubes, dissolved in half glass of water
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 cloves garlic (minced) and 1 chopped white onion
- 12.7 ounces (360 grams) white rice, washed
- 2 tablespoons tomato paste
- 1 red bell pepper, small diced
- 3.5 ounces (100 grams) frozen peas
- 1 tablespoons parsley, chopped
- Salt and ground pepper to taste
- 5 cups (1200 milliliters) boiling water



Instructions

- Dissolve a bouillon cube in half a glass of water and mix it with lemon juice for the marinade.
- Place the chicken and marinade in a closed, non-reactive container, such as a glass container or resealable plastic bag. Put it in the refrigerator for 30 minutes.
- Meanwhile, chop and dice all vegetables, wash the rice, and boil the water in a tea kettle. Put it aside.
- After the chicken has marinated, heat olive oil in a large pan over medium heat and add the chicken pieces. Cook until golden brown, approximately 6 to 10 minutes.
- In the same pan, sauté the onion and garlic. After that, add the rice, tomato paste, bell pepper, and water, stirring well.
- Cover the pan, turn down the heat, and cook for about 15 minutes until the rice has absorbed the water.
- Add the peas and mix.
- Remove from heat and transfer to large a serving bowl. *Bom appetite!*

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