

## One-Pot Lemon Herb Chicken and Rice in the Oven

Oven-Baked Chicken and Rice with Lemon and Herbs



**OVEN**  
**350°F**

**TIME**  
**3 min**

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### INGREDIENTS

**Protein:**

6 bone-in, skin-on chicken thighs

**Produce:**

1 medium onion, chopped

3 cloves garlic, minced

1 teaspoon garlic powder

1 teaspoon onion powder

$\frac{1}{2}$  teaspoon dried oregano

$\frac{1}{2}$  teaspoon dried thyme

1 bay leaf

Zest and juice of 1 lemon

Fresh parsley, for garnish

**Pantry & Grains:**

1 $\frac{1}{2}$  cups long-grain white rice (uncooked, rinsed)

2 $\frac{1}{2}$  cups low-sodium chicken broth

**Seasonings:**

$\frac{3}{4}$  teaspoon salt

$\frac{1}{2}$  teaspoon black pepper

1 teaspoon paprika

Extra salt and pepper to taste

**Oils & Dairy:**

1 tablespoon olive oil

1 tablespoon unsalted butter

### DIRECTIONS

- 1. Preheat the Oven:** Preheat your oven to 350°F (175°C).
- 2. Season the Chicken:** Pat the chicken thighs dry. Season with salt, pepper, garlic powder, onion powder, paprika, and a little lemon zest. Set aside.
- 3. Sauté the Aromatics:** In a large oven-safe skillet or Dutch oven, heat olive oil and butter over medium heat. Add chopped onion and cook until softened (about 3 minutes). Stir in minced garlic and cook for 30 seconds until fragrant.
- 4. Toast the Rice:** Add rinsed rice, oregano, thyme, bay leaf, and a pinch of salt and pepper. Stir for 1-2 minutes to lightly toast the rice and build flavor.
- 5. Add Broth and Lemon Juice:** Pour in the chicken broth and the juice of half the lemon. Stir and bring to a gentle simmer.
- 6. Nestle the Chicken:** Place the seasoned chicken thighs skin-side up on top of the rice. Cover tightly with a lid or foil.
- 7. Bake:** Bake covered for 35 minutes. Remove the cover and bake another 15-20 minutes, until the chicken skin is golden and the rice is tender.
- 8. Rest and Serve:** Let the dish rest for 5 minutes. Garnish with fresh parsley and serve with lemon wedges.

### SWAPS & NOTES

Chicken thighs vs. breasts: Thighs stay juicier and are more

forgiving, but you can use bone-in chicken breasts (adjust cooking time).

Rice: Long-grain white rice works best.

Avoid instant rice-it won't cook properly in this method.

Broth: Homemade or store-bought is fine, just keep it low sodium so you control the seasoning.

## TIPS FOR SUCCESS

Rinse your rice to remove excess starch and prevent gumminess.

Make sure the pan is tightly covered during the first stage of baking to trap steam.

If your rice needs a little more time, add a splash of hot broth and cover for another 5 minutes.

For extra crispy skin, broil for 2-3 minutes at the end (watch carefully).

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/one-pot-lemon-herb-chicken-and-rice-in-the-oven/>