

---

# Braised Chicken with Preserved Lemon

*Jessica D'Ambrosio, Melissa gaman, Khalil Hymore and Steve Jackson*

*Food Network Magazine- June 2021*

Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 40 minutes

**1 cup basmati rice, rinsed**

**1 tablespoon extra-virgin olive oil**

**4 (about one pound) chicken thighs**

**4 (about one pound) chicken drumsticks**

**Kosher salt**

**freshly ground pepper**

**1 tablespoon unsalted butter**

**1 red bell pepper, thinly sliced**

**1 small onion, thinly sliced**

**1 large clove garlic, minced**

**1/2 cup dry white wine**

**1 1/2 cups low-sodium chicken broth**

**1 jarred preserved lemon, thinly sliced and seeded**

**torn fresh dill (for topping)**

Preheat the broiler.

Cook the rice as the label directs. Meanwhile, heat the olive oil in a large ovenproof skillet over medium-high heat. Season the chicken with salt and pepper. Add to the skillet, skin-side down, and cook until golden, 6 to 8 minutes. Flip and cook until just browned on the other side, about 3 more minutes.

Transfer the chicken to a plate. Pour off the excess fat from the skillet. Return the skillet to medium-high heat and add the butter. Let melt. Add the bell pepper and onion and cook until just softened, about 4 minutes. Add the garlic and 1/2 tablespoon of salt and 1/2 tablespoon of pepper. Cook for 1 more minute. Add the wine, scraping up any browned bits from the bottom of the pan. Stir in the chicken broth and preserved lemon slices. Bring to a simmer.

Return the chicken to the skillet, skin-side up. Simmer until the chicken is cooked through and the liquid is reduced by half, about 10 minutes. Place the skillet under the broiler and cook until the chicken is crisp, 2 to 3 minutes.

Fluff the rice and divide among the plates. Serve with the chicken, vegetable mixture and sauce from the skillet. Top with dill.

## Chicken

---

*Per Serving (excluding unknown items): 568 Calories; 28g Fat (44.4% calories from fat); 37g Protein; 42g Carbohydrate; 1g Dietary Fiber; 137mg Cholesterol; 525mg Sodium. Exchanges: 2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 3 1/2 Fruit; 3 Fat.*