



**PREP TIME:**  
20 minutes

**COOK TIME:**  
50 minutes

**SERVINGS:**  
6-8

# MOJO CHICKEN THIGHS WITH SPANISH RICE AND GREEN BEANS



Watch Here

**Chef Carine**

## Ingredients

### Chicken

- 1½ lb. chicken thighs
- ½ cup orange juice (about 1 orange)
- ¼ cup lime juice (about 3 limes)
- 4 cloves garlic
- 1 tsp oregano, ½ tsp cumin, ½ tsp paprika
- 1 Tbsp. olive oil

### Yellow Rice

- 1 cup long-grain brown rice
- 2 cups water
- 1 Tbsp. olive oil
- ¼ cup onion
- 2 cloves garlic
- ½ tsp turmeric

### Green Beans

- 12 oz fresh green beans, trimmed
- pinch black pepper & garlic powder



## Directions

1. In a bowl, combine orange juice, lime juice, garlic, paprika, oregano, cumin, olive oil, salt, and pepper. Set ¼ cup marinade aside for later. Add chicken and marinate in the fridge for at least 30 minutes.
2. Heat 1 Tbsp. olive oil in a medium saucepan over medium heat. Add onion and garlic and cook 2–3 minutes until softened. Stir in turmeric and salt.
3. Add rice and cook 2–3 minutes, stirring to coat with the spices. Add 2 cups water, bring to a boil, then reduce heat to low. Cover and simmer 30 minutes, or until rice is tender and liquid is absorbed.
4. Heat a large skillet over medium-high heat with a small amount of oil. Cook chicken 5–6 minutes per side until browned.
5. Add the reserved marinade to the skillet, reduce heat, cover loosely, and cook 3–4 minutes until chicken reaches 165°F. Garnish with cilantro and keep warm.
6. Bring a pot of water to a boil. Add green beans and cook 3–4 minutes until bright green and tender-crisp. Drain well.
7. Season green beans with garlic powder and black pepper.
8. Serve chicken with yellow rice and green beans.

## Kitchen Items

- Medium pot (for rice)
- Large pan (for chicken)
- Sheet pan (for green beans)
- Cutting board & knife
- Mixing bowl
- Measuring cups and measuring spoons

# GROCERY LIST

## Fruits & Vegetables

- 1 orange \_\_\_\_\_
- 3 limes \_\_\_\_\_
- 1 bulb garlic \_\_\_\_\_
- 1 onion \_\_\_\_\_
- 12 oz green beans \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Dairy & Eggs

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## Meats & Seafood

- 1 ½ lb. chicken thighs \_\_\_\_\_
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## Pantry Items

- olive oil \_\_\_\_\_
- 1 bag brown rice \_\_\_\_\_
- salt, pepper, paprika, \_\_\_\_\_
- cumin, oregano, turmeric, \_\_\_\_\_
- garlic powder \_\_\_\_\_
- \_\_\_\_\_
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