



Spin Your Own Axis

Baked Lemon Chicken Thigh w/ Mushroom Rice

Due to its tenderness chicken thigh ranks at the top of my favorite list. It is so versatile – can be baked, grilled, or sauté. **Endless options.** The choice is yours. For this recipe I opted to bake, not only was it time saver but was cooked to precision absorbing and delivering flavor to my plate. I paired it off with a homemade mushroom rice cooked with chicken broth. A duo combined to create a **tasty. simple. balanced. fast** plate highlighting variety, moderation, and adequacy.



- **Prep Time:** 10 minutes
- **Cook Time:** 40 minutes
- **Total Time:** 50 minutes
- **Serving:** 5

Ingredients

- 4oz. chicken thigh fillet w/ bone in (Total of 20 oz. for 5 servings)
- 2 tablespoons olive oil
- 2 teaspoons Garlic powder
- 2 teaspoons lemon onion powder
- 1/4 teaspoon pepper
- 3 lemons
- 1 bunch asparagus
- 10 oz diced mushrooms
- 45 g Rice (Total of 225g for 5 servings)
- Chicken stock

Instructions

1. Marinate chicken thigh with garlic, lemon onion powder, black pepper powder and lemon.
2. Prepare and weigh the white rice, then rinse.
3. Preheat pan, add 2 tbsp. of olive oil with 2 teaspoon of cubito de pollo, then add white rice and mix well to absorb the seasoning before adding water and chicken stock.
4. Add water and chicken stock. A trick to adding water or liquid is always double in grams or ounces (depending on which weigh conversion you used initially) For example, 225g of white rice will need 450g of water or liquid. Let it cook in high until boiling, and then reduce to low for remainder of cooking time after you reduce to low add mushrooms to cook together.
5. Preheat oven at 375 degree for chicken thigh, add 2 tbsp. of olive oil. Cook for 40 minutes, cover pan with foil.
6. Bake asparagus with olive oil, tint of salt and black pepper for 20 minutes.
7. When all is cooked, serve immediately or place in meal prepping container for the week.
8. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat using #spinyourownaxis #kitchenitwithscar hashtags!

Nutrition Facts

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| • Serving Size: 1/5 | Calories: 446 |
| • Carbohydrates: 48g | Sodium: 415mg |
| • Fat: 16g | Sugar: 2g |
| • Protein: 25g | Iron: 8% |
| • Fiber: 3g | |