

# Eat The View



## Recipes and Tips

### Chicken With Black Beans, Rice and Chiles

2-3 servings

2-4 chicken thighs  
Salt and pepper  
1 tablespoon olive oil  
1 medium onion, chopped  
1 bell pepper, sliced  
10 oz chicken stock

Jalapenos, chopped  
1 ½ inch cinnamon stick  
1-2 garlic cloves, grated  
1 teaspoon ground cumin  
1 can black beans  
2-3 oz cherry tomatoes, halved  
½ cup basmati rice

Preheat the oven to 170°C. Season the chicken with salt and pepper. Heat the oil in a 6-9 inch ovenproof frying pan over medium heat. Brown the chicken, both sides, 3 to 5 minutes per side. Remove from the pan and add the onion and pepper and cook until starting to soften. Season with salt and pepper.

Add the jalapenos, cinnamon, garlic and cumin to the pan and cook for about 2 minutes, then add the black beans and cherry tomatoes. Sprinkle the rice on top in an even layer. Warm the stock and pour into the pan. Return the chicken

Bake, uncovered for 40 minutes. The stock should be absorbed and the rice should be tender. Add a little water and return to the oven if the rice isn't ready.