

AMARU TRIBE

COLOMBIAN ARROZ CON POLLO



DESCRIPTION

This humble dish is a beloved staple of Colombian home cooking, with regional and family variations adding unique touches. Its flavours evoke memories of our mothers' love and the care they pour into nourishing their families. Best enjoyed in the company of your loved ones!

INGREDIENTS

For the chicken:

- 2 chicken breasts (or 4 thighs)
- 1 medium onion, halved
- 2 garlic cloves, minced
- 1 bay leaf
- 1 teaspoon salt

For the rice:

- 2 cups long-grain rice
- 2 cups chicken stock (from boiling the chicken)
- 1 tablespoon achiote paste (or 1 teaspoon paprika)
- 1 teaspoon olive oil
- Salt, to taste

For the chicken mixture:

- Cooked and shredded chicken (from above)
- 200 grams crushed tomatoes
- 2 garlic cloves, minced
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground cumin
- Salt, to taste

For the vegetables:

- ½ red capsicum, cut into strips
- ½ green capsicum, cut into strips
- 70 grams cooked peas
- 1 carrot, cooked and diced
- 100 grams cooked green beans
- Olive oil, for sautéing

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METHOD

- Boil the chicken:
- In a large pot, combine chicken, halved onion, minced garlic, bay leaf, and salt.
- Add enough water to cover the chicken completely. Bring to a boil over medium-high heat, then reduce the heat to low.
- Simmer for 20–25 minutes or until the chicken is fully cooked and tender.
- Remove the chicken from the pot and let it cool slightly. Reserve the chicken stock for the rice. Once cooled, shred the chicken into bite-sized pieces.

Cook the rice:

- In a pot over medium heat, combine the reserved chicken stock, rice, salt, olive oil, and achiote paste (or paprika).
- Bring to a boil, then reduce the heat to low, cover, and cook for 20 minutes or until the rice is tender.

Prepare the chicken mixture:

- In a bowl, mix the crushed tomatoes, minced garlic, garlic powder, onion powder, ground cumin, and salt.
- Add the shredded chicken to the mixture, stirring to coat evenly.

Sauté the vegetables:

- Heat a drizzle of olive oil in a frying pan over medium heat.
- Sauté the red and green capsicum strips for about 8 minutes or until softened.
- Add the chicken and tomato mixture to the pan and cook for an additional 5 minutes.

Combine all components:

- In a large bowl, combine the cooked rice, chicken mixture, cooked peas, diced carrot, and green beans.
- Mix thoroughly to ensure all ingredients are evenly distributed.

Serve:

- Serve the Arroz con Pollo hot, accompanied by sweet plantains, arepas, or lime wedges for a traditional touch.