

Better Than Restaurant Garlic Parmesan Chicken with Rice & Broccoli

Grilled Chicken with Garlic Parmesan Cream Sauce: Creamy, Savory Perfection



TIME
6 min

TEMP
165°F

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SAVE
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INGREDIENTS

2 boneless, skinless chicken breasts

1 tbsp olive oil

1 tsp garlic powder

1 tsp onion powder

$\frac{1}{8}$ tsp paprika

Salt and black pepper to taste

1 tbsp butter

2 cloves garlic, minced

$\frac{1}{2}$ cup heavy cream

$\frac{1}{4}$ cup grated Parmesan cheese

$\frac{1}{2}$ tsp dried Italian herbs (or fresh parsley)

Salt and pepper to taste

1 cup cooked white or brown rice

1 cup steamed broccoli

Chopped green onions (optional for garnish)

Ingredient Swaps & Tips:

No grill pan? Use a cast iron skillet or bake the chicken instead.

Low dairy? Use coconut cream or a dairy-free Parmesan alternative.

Extra veggies? Add sautéed mushrooms, spinach, or zucchini to the sauce.

Spice it up: Add a pinch of crushed red pepper flakes for heat.

Step-by-Step Instructions:

1. Marinate & Grill Chicken:

Pat chicken breasts dry. Season with garlic powder, onion powder, paprika, salt, and pepper.

Heat olive oil in a grill pan over medium heat.

Grill chicken for 5-6 minutes per side or until internal temperature reaches 165°F.

Remove and let rest before slicing.

2. Make Garlic Parmesan Sauce:

In a small saucepan, melt butter over medium heat.

Add minced garlic and sauté until fragrant (about 30 seconds).

Pour in heavy cream, Parmesan cheese, and Italian herbs. Stir well.

Simmer gently until the sauce thickens-about 3-4 minutes. Season to taste.

3. Assemble the Bowls:

Start with a base of cooked rice.

Add steamed broccoli and sliced grilled chicken.

Drizzle generously with the garlic Parmesan cream sauce.

DIRECTIONS

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2. Heat olive oil in a grill pan over medium heat.
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5. Make Garlic Parmesan Sauce: In a small saucepan, melt butter over medium heat.
6. Add minced garlic and sauté until fragrant (about 30 seconds).
7. Pour in heavy cream, : Parmesan cheese, and Italian herbs. Stir well.
8. Simmer gently until the sauce thickens-about 3-4 minutes. Season to taste.
9. Assemble the Bowls: Start with a base of cooked rice.
10. Add steamed broccoli and sliced grilled chicken.
11. Drizzle generously with the garlic : Parmesan cream sauce.
12. Garnish with chopped green onions if desired.
13. Tips for Success: Don't overcook the chicken. Use a thermometer for juicy results.
14. Stir sauce continuously to avoid curdling or clumping.
15. Let the chicken rest. This locks in juices and makes slicing easier.
16. Make extra sauce! You'll want to spoon it over everything.
17. What to Serve With It: This garlic Parmesan chicken bowl is a complete meal, but here are some delicious additions and complements:

18. Cajun : Chicken Sausage Gumbo - For another Southern-inspired bowl of comfort.
19. Chicken : Enchiladas - A totally different chicken dinner vibe.
20. Dorito : Casserole - Creamy meets crunchy in this family favorite.
21. Blueberry : Lemonade - Bright and sweet, it's the perfect drink pairing.
22. Storage & Leftovers: Fridge: Store leftovers in an airtight container for up to 3 days.
23. Reheat: Warm gently on the stove or microwave, adding a splash of cream to refresh the sauce.
24. Meal : Prep: Assemble bowls in meal-prep containers for an easy lunch or dinner later in the week.
25. More Recipes You'll Love: This Cajun Chicken Sausage Gumbo

TIPS FOR SUCCESS

Use a thermometer for juicy results.

Stir sauce continuously to avoid curdling or clumping.

This locks in juices and makes slicing easier.

You'll want to spoon it over everything.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/better-than-restaurant-garlic-parmesan-chicken-with-rice-broccoli/>