

## Easy Cajun Chicken and Rice: Your Flavorful One-Pot Weeknight Meal

, bringing that classic Cajun warmth and spice to every bite. The fact that it's primarily a



**TIME**  
**3-4 min**

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### INGREDIENTS

2 boneless, skinless chicken breasts, diced (about 1 lb)  
1 cup long-grain white rice, uncooked  
2 ½ cups chicken broth  
2 tablespoons olive oil  
1 bell pepper, diced (any color)  
1 small onion, diced  
2 cloves garlic, minced  
1 tablespoon Cajun seasoning (store-bought or homemade)  
½ teaspoon paprika (optional, for extra smokiness and color)  
Salt & freshly ground black pepper, to taste  
Chopped fresh parsley or green onion for garnish (optional)

### DIRECTIONS

- 1. Season the : Chicken:** In a medium bowl, toss the diced chicken with 1 tablespoon of Cajun seasoning, a generous pinch of salt, black pepper, and the optional paprika. Ensure the chicken pieces are evenly coated.
- 2. Sear the : Chicken:** In a large skillet or Dutch oven with a lid (one that's big enough to hold all the ingredients), heat the olive oil over medium-high heat. Add the seasoned chicken pieces and sear until lightly browned on all sides, about 3-4 minutes. The chicken doesn't need to be cooked through at this stage. Remove the chicken from the pan and set it aside.
- 3. SautØ Veggies:** In the same pan, if needed, add a tiny bit more olive oil. Add the diced onion and bell pepper. SautØ for 3-4 minutes, stirring occasionally, until they begin to soften. Stir in the minced garlic and cook for 1 more minute until fragrant.
- 4. Add : Rice & Broth:** Stir the uncooked long-grain white rice into the skillet with the sautØed vegetables. Toast the rice for about 1 minute, stirring constantly, to lightly toast the grains.
- 5. Return : Chicken & Simmer:** Pour in the chicken broth. Bring the mixture to a simmer. Return the seared chicken pieces to the pot, nestling them into the rice and liquid. Stir gently.
- 6. Cook & : Fluff:** Reduce the heat to low, cover the skillet tightly with a lid, and cook for 18-20 minutes, or until all the liquid is absorbed and the rice is tender. Avoid lifting the lid during this time, as the steam is crucial for cooking the rice. Once cooked, remove from heat and let rest, covered, for 5 minutes. Fluff the rice gently with a fork and

taste, adjusting seasoning with extra salt or pepper if needed.

7. **Serve:** Ladle the Easy Cajun Chicken and Rice into bowls. Garnish with fresh chopped parsley or green onions if desired. Serve hot.

## SWAPS & NOTES

**Chicken:** Boneless, skinless chicken thighs can be used instead of breasts for even more tender and juicy results. Cut them into similar-sized cubes for even cooking.

**Rice:** Long-grain white rice is best for this recipe as it cooks evenly in the broth.

Brown rice would require more liquid and a longer cooking time.

**Bell Pepper:** Any color bell pepper works; red, yellow, or orange will add more sweetness, while green adds a slightly more traditional savory note.

## TIPS FOR SUCCESS

Don't Overcook Chicken: Chicken breasts can dry out easily.

Searing quickly and letting them finish cooking with the rice ensures they stay juicy.

When the rice is simmering, resist the urge to peek!

The trapped steam is essential for cooking the rice evenly and thoroughly.

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

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