

Chicken with Garlic Parmesan Rice: A Flavorful One-Pan Dinner

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TIME
5-7 min

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INGREDIENTS

2 lbs boneless, skinless chicken breasts, cut into 1-inch cubes
1 tbsp olive oil
1 medium onion, diced
3 cloves garlic, minced
1 1/2 cups uncooked long-grain white rice
3 cups chicken broth
1/2 cup grated Parmesan cheese
1/4 cup chopped fresh parsley
1 tsp salt
1/2 tsp black pepper
1 tsp paprika
1 tsp dried oregano

Swaps and Notes:

Chicken: You can use boneless, skinless chicken thighs for this recipe as well. They'll stay even more juicy.

Rice: Uncooked long-grain white rice is best. It will cook and absorb the liquid perfectly.

Cheese: Freshly grated Parmesan cheese will melt and taste much better than the pre-grated kind.

Veggies: Feel free to add some other vegetables to the pan, like diced bell peppers, mushrooms, or even a handful of spinach at the end.

Seasoning: The combination of paprika and oregano gives the chicken a lovely flavor. You can add a pinch of red pepper flakes for a little kick.

How to Make Chicken with Garlic Parmesan Rice:

Prep the Chicken: Cut the chicken breasts into 1-inch cubes. In a bowl, toss the chicken with the salt, pepper, paprika, and oregano.

Sear the Chicken: In a large, oven-safe skillet or pan, heat the olive oil over medium-high heat. Add the seasoned chicken and cook until it's golden brown on all sides. You don't need to cook it all the way through, just sear it to develop a crust. Remove the chicken from the skillet and set it aside.

Sautø the Aromatics: Reduce the heat to medium. Add the diced onion to the same skillet and cook until it's soft and translucent, about 5-7 minutes. Add the minced garlic and cook for another minute until fragrant.

Add Rice and Broth: Stir in the uncooked rice, making sure it's coated in the onion and garlic mixture. Pour in the chicken broth and stir everything together. Bring the mixture to a boil.

Simmer and Bake: Return the seared chicken to the skillet, nestling it into the rice mixture. Reduce the heat to a simmer, cover, and cook for 15-20 minutes, or until the rice has absorbed most of the liquid.

Finish with Cheese: Remove the skillet from the heat. Stir in the grated Parmesan cheese and half of the fresh parsley. Cover the pan and let it sit for 5 minutes.

Serve: Sprinkle the remaining fresh parsley on top and serve immediately.

Tips for Success:

Don't Overcook the Chicken: Searing the chicken is key, but don't cook it all the way through at this stage. It will finish cooking in the oven with the rice, which keeps it juicy and tender.

Use an Oven-Safe Pan: A cast-iron skillet or a large, oven-safe pan is perfect for this recipe.

Let it Rest: The resting time at the end is important. It allows the rice to fully absorb the remaining liquid and the cheese to melt perfectly.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

For a great weeknight dinner shortcut, my Dorito Casserole is a fun and flavorful option.

If you need to feed a crowd fast, these Sheet Pan Quesadillas are a lifesaver.

DIRECTIONS

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11. Serving Suggestions and Pairings: This dish is a complete meal on its own, but it pairs wonderfully with a side salad or some steamed green beans. For other great one-pan meals, you could serve it alongside my Mexican Chicken and Rice Casserole or my Cajun Chicken Sausage Gumbo.
12. Storage and Leftover Tips: Leftovers are delicious! Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can microwave individual portions or warm the entire dish in the oven until heated through. You might need to add a splash of broth to bring back some of the moisture.
13. More Recipes You Will Love: If you're a fan of easy, delicious, and one-pan meals, you'll want to check out some of these other favorites:
14. For a great weeknight dinner shortcut, my : Dorito Casserole is a fun and flavorful option.
15. If you need to feed a crowd fast, these : Sheet Pan Quesadillas are a lifesaver.
16. For a different kind of one-pan comfort food, my Instant Pot Lasagna is always a winner.
17. For a classic cheesy crowd-pleaser, my : Easy Cheesy Chicken Sliders with Marinara Garlic Butter are a must-try.
18. Final Thoughts: This Chicken with Garlic Parmesan Rice is a recipe that proves a great meal doesn't have to be complicated. It's a simple, delicious, and deeply satisfying dish that is perfect for a family dinner. I hope it becomes a new favorite in your home.
19. If you make this dish, I'd love to hear about it! What's your go-to one-pan dinner? Let me know in the comments below.

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