

Teriyaki Chicken and Rice Casserole: A Delicious One-Pan Dinner

Teriyaki Chicken and Rice Casserole



OVEN
375°F

TIME
40-45 min

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Recipe Card

SAVE
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INGREDIENTS

- 1 pound boneless, skinless chicken breasts, diced
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and black pepper, to taste
- 1 cup uncooked long-grain white rice
- 2 cups chicken broth
- 1 cup teriyaki sauce
- 2 cups broccoli florets
- 1 cup sliced carrots
- 1 tablespoon sesame seeds (optional)
- 2 tablespoons chopped green onions (for garnish)

Swaps and Notes:

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

Teriyaki Sauce: Use your favorite store-bought teriyaki sauce for a quick and easy flavor.

Veggies: Feel free to use any vegetables you have on hand, like bell peppers, snap peas, or mushrooms. Just be sure to cut them into similar sizes so they cook evenly.

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

How to Make Teriyaki Chicken and Rice Casserole:

Preheat the Oven: Preheat your oven to 375°F (190°C).

Prepare the Rice Base: In a large baking dish (a 9x13-inch dish works well), spread the uncooked rice evenly across the bottom. Pour the chicken broth and teriyaki sauce over the rice, stirring gently to combine the liquids with the rice.

Cook the Chicken: In a skillet over medium heat, add the olive oil. Add the diced chicken breasts and cook until it's browned on all sides. Season the chicken with the garlic powder, onion powder, salt, and pepper. The chicken doesn't need to be fully cooked through at this stage, just browned.

Assemble Casserole: Add the browned chicken, broccoli florets, and sliced carrots into the baking dish with the rice and liquid. Spread everything out evenly in the dish.

Bake (Covered): Cover the baking dish tightly with aluminum foil. Bake for 40-45 minutes, or until the rice is tender and has absorbed most of the liquid, and the chicken is cooked through.

Finish Baking (Uncovered): Remove the foil. If using, sprinkle the sesame seeds evenly over the top of the casserole. Bake for an additional 5 minutes uncovered, just to lightly toast the sesame seeds and allow any remaining liquid to evaporate.

Rest and Serve: Let the casserole sit for about 5 minutes after removing it from the oven. This allows the flavors to settle and the rice to fully absorb any last bits of moisture. Garnish with chopped green onions and serve warm.

Tips for Success:

Brown the Chicken: Browning the chicken first is crucial. This develops a deep, savory flavor that is the foundation of the entire dish.

Cover the Pan: Covering the casserole for the first part of the bake is crucial. It traps the steam and allows the rice to cook perfectly.

Don't Overcook the Rice: The rice should be tender but not mushy. Check it at the 40-minute mark to ensure it's not overcooked.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

For a great one-pan dinner, my Mexican Chicken and Rice Casserole is always a winner.

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

For a true Southern bowl of comfort, my Cajun Chicken Sausage Gumbo is a must-try.

DIRECTIONS

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11. **Serving Suggestions and Pairings:** This casserole is a complete meal on its own, but it pairs wonderfully with a side of steamed edamame or a simple green salad. For a full dinner spread, you could serve it with some of my Chicken Enchiladas or a hearty Instant Pot Lasagna.
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 or water 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 one-pan dinner, my : Mexican Chicken and Rice Casserole is always a winner.
15. If you need to feed a crowd fast, these : Sheet Pan Quesadillas are a lifesaver.
16. For a true : Southern bowl of comfort, my Cajun Chicken Sausage Gumbo is a must-try.
17. **Final Thoughts:** This Teriyaki Chicken and Rice Casserole 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.
18. 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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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/teriyaki-chicken-and-rice-casserole-a-delicious-one-pan-dinner/>