

Ultimate Creamy Chicken Stroganoff with Rice: The 30-Minute Dinner You Need

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TIME
30 min

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INGREDIENTS

For the Chicken Stroganoff:

For the Rice:

DIRECTIONS

1. Prep : Time: 15 mins | Cook Time: 25 mins | Servings: 4
2. Step 1: Cook the Rice: Rinse the rice under cold water until the water runs clear.
3. Cook the rice according to the package instructions (usually 1 part rice to 2 parts water) with a pinch of salt. Set aside, keeping it warm while you prepare the stroganoff.
4. Step 2: SautØ Aromatics and Chicken: In a large pan or Dutch oven, heat the olive oil over medium heat.
5. Add the chopped onion and minced garlic. SautØ for 3-5 minutes until the onion is soft and fragrant.
6. Add the diced chicken breast. Season well with salt and black pepper. Cook, stirring occasionally, until the chicken is lightly browned and cooked through (about 6-8 minutes).
7. Step 3: Add Mushrooms and Seasoning: Stir in the sliced mushrooms and paprika. Cook for another 5-7 minutes, allowing the mushrooms to soften and release their moisture, then cook down slightly.
8. Taste and adjust the salt and pepper if needed.
9. Step 4: Build the Sauce: Pour in the chicken broth. Bring the mixture to a simmer, scraping up any browned bits from the bottom of the pan.
10. Allow the broth to simmer and reduce slightly for about 3-4 minutes.
11. Lower the heat to low. Stir in the sour cream and Dijon mustard until the sauce is completely smooth and creamy. Crucially: Do not boil the sauce once the sour cream is added, or it may curdle. Just heat it through gently.

12. Step 5: Serve: Stir in half of the chopped fresh parsley.
13. Serve the creamy chicken stroganoff immediately over or next to the fluffy rice.
14. Garnish each serving with a dollop of extra sour cream and the remaining fresh parsley.

SWAPS & NOTES

Olive Oil 2 tbsp Or use butter for an even richer flavor.

Chicken Breast 500g (approx. 1.1 lbs) Diced into bite-sized pieces.

Mushrooms 250g (approx. 8 oz) Sliced.

Cremini (Baby Bellas) or white button work great.

TIPS FOR SUCCESS

The Best Sear: To get a nice brown on your chicken, don't overcrowd the pan.

Cook the chicken in batches if necessary, or make sure your pan is wide enough and very hot before adding the meat.

Mushroom SautØ: Don't rush the mushrooms.

They need time to release their water and then brown slightly-this is where a lot of the savory depth (umami) comes from.

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