

## Easy Grilled Chicken and Rice Bowl Recipe with Homemade Cheese Sauce

Ultimate Grilled Chicken and Rice Bowl



**TIME**  
**40 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

**SAVE**  
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### INGREDIENTS

For the Chicken: 4 chicken breasts (approx. 600g), pounded to even thickness 2 tbsp olive oil 1 tsp garlic powder 1 tsp smoked paprika Salt & black pepper to taste:

For the Rice: 250g Basmati or Jasmine rice 500ml water A pinch of salt:

For the Broccoli: 300g broccoli florets (fresh is best, but frozen works) A pinch of salt:

For the Signature Cheese Sauce: 2 tbsp unsalted butter 2 tbsp all-purpose flour 400ml whole milk 150g sharp cheddar cheese , freshly shredded 50g mozzarella cheese , shredded Salt & pepper to taste Fresh thym or parsley for garnish:

### DIRECTIONS

1. Prepare the : Rice:
2. Rinse your rice under cold water until the water runs clear. In a medium pot, combine rice, water, and salt. Bring to a boil, then reduce to low, cover, and simmer for 15-18 minutes. Fluff with a fork and keep covered.
3. Season and : Grill the Chicken:
4. Pat the chicken dry. Rub with olive oil, garlic powder, paprika, salt, and pepper. Grill over medium-high heat for about 6-7 minutes per side or until the internal temperature reaches 165°F (74°C). Let it rest for 5 minutes before slicing.
5. Steam the : Broccoli:
6. While the chicken is grilling, place broccoli florets in a steamer basket over boiling water. Steam for 4-5 minutes until tender-crisp and vibrant green.
7. Make the : Cheese Sauce:
8. In a small saucepan, melt the butter over medium heat. Whisk in the flour and cook for 1 minute (don't let it brown). Gradually whisk in the milk to avoid lumps. Simmer until thickened, then remove from heat. Stir in the cheddar and mozzarella until completely melted and smooth.
9. Divide the rice among four bowls. Top with sliced grilled chicken and broccoli. Pour a generous amount of cheese sauce over the top and garnish with fresh herbs.

### SWAPS & NOTES

You can easily swap it for cauliflower, snap peas, or even

roasted asparagus.

The Protein: This recipe is very forgiving.

Feel free to use turkey breast or even grilled shrimp.

If you're looking for a heavier comfort food vibe, you might enjoy the flavors in this Cajun Chicken and Sausage Gumbo.

### TIPS FOR SUCCESS

**Don't Overcook the Broccoli:** You want it to have a slight "snap." Mushy broccoli ruins the texture of the bowl.

**The Roux Secret:** When making the sauce, add the milk slowly-literally a splash at a time at first-and whisk vigorously.

**Rest the Meat:** Always let your chicken rest.

If you cut it immediately, all those delicious juices will run out onto the cutting board instead of staying in the meat.

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

Original recipe: <https://chefmaniac.com/easy-grilled-chicken-and-rice-bowl-recipe-with-homemade-cheese-sauce/>