

Better-Than-Takeout Chicken and Rice Bowl with Broccoli and Homemade Cheese Sauce

The Ultimate Grilled Chicken and Rice Bowl with Broccoli and Creamy Cheese Sauce



TIME
15 min

TEMP
165°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

For the Chicken:

4 chicken breasts (approx. 600g/1.3 lbs)

2 tbsp olive oil

1 tsp garlic powder

1 tsp paprika (smoked or sweet)

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!)

For the Creamy Cheese Sauce:

2 tbsp butter

2 tbsp all-purpose flour

400ml whole milk

150g sharp cheddar cheese, freshly shredded

50g mozzarella cheese, shredded

Salt & pepper to taste

Fresh thyme or parsley for garnish

DIRECTIONS

- 1.** Prepare the : Rice: Rinse your rice under cold water until it runs clear. Combine the rice, water, and a pinch of salt in a pot. Bring to a boil, then reduce heat to low, cover, and simmer for about 12-15 minutes. Once done, fluff with a fork and keep covered.
- 2.** Season and : Grill the Chicken: Pat the chicken breasts dry. In a small bowl, mix the olive oil, garlic powder, paprika, salt, and pepper. Rub this mixture over the chicken. Grill the chicken over medium-high heat (either on an outdoor grill or a grill pan) for about 6-7 minutes per side, or until the internal temperature reaches 165°F (74°C). Let the chicken rest for 5 minutes before slicing.
- 3.** Steam the : Broccoli: While the chicken is grilling, place your broccoli florets in a steamer basket over boiling water. Steam for 4-5 minutes until they are tender-crisp and bright green. Season with a tiny pinch of salt.
- 4.** Make the : Cheese Sauce: In a medium saucepan, melt the butter over medium heat. Whisk in the flour and cook for 1 minute (don't let it brown). Slowly whisk in the milk, a little at a time, to ensure there are no lumps. Continue cooking and whisking until the sauce thickens. Remove from heat and stir in the cheddar and mozzarella until completely melted and smooth. Season with salt and pepper.
- 5.** Assemble the : Bowls: Divide the rice into four bowls. Top with the sliced grilled chicken and the steamed broccoli. Pour a generous amount of the warm cheese sauce over the top.

6. Garnish: Sprinkle with fresh thyme or parsley for a pop of color and herbal freshness.

SWAPS & NOTES

The Veggies: If you aren't a fan of broccoli, this recipe works beautifully with cauliflower or even sautéed peppers.

If you love a variety of textures, consider serving this alongside Sheet Pan Quesadillas for a larger family gathering.

The Protein: You can easily swap the chicken for turkey breast or even grilled shrimp.

For a vegetarian version, grilled halloumi or smoked tofu are fantastic alternatives.

TIPS FOR SUCCESS

Don't Overcook the Broccoli: You want the broccoli to have a slight "snap." Mushy broccoli won't hold up well under the heavy cheese sauce.

Shred Your Own Cheese: Pre-shredded cheese is coated in potato starch to prevent clumping, which can make your sauce feel "gritty." For the smoothest sauce, grate your cheese from a block.

Rest Your Meat: Never slice chicken the second it comes off the grill.

This keeps the juices inside the meat rather than on your cutting board.

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

Original recipe: <https://chefmaniac.com/better-than-takeout-chicken-and-rice-bowl-with-broccoli-and-homemade-cheese-sauce/>