

The Best Lemon Garlic Chicken with Cream Sauce and Rice

Lemon Garlic Chicken with Herb Rice

TIME
40 min

TEMP
165°F

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INGREDIENTS

Lemon Garlic Chicken:

4 boneless skinless chicken breasts

1 tablespoon olive oil

1 teaspoon garlic powder

1/2 teaspoon onion powder

Salt and black pepper, to taste

2 tablespoons butter

3 cloves garlic, minced

200 ml heavy cream

Juice of 1 lemon

1 teaspoon Dijon mustard

2 tablespoons chopped parsley

Herb Rice:

1 cup basmati or long-grain rice

2 cups water

1 tablespoon butter

Salt, to taste

1 tablespoon chopped parsley or dill

DIRECTIONS

1. Cook the herb rice: In a saucepan, combine the rice, water, butter, and a pinch of salt. Bring to a boil, then reduce heat, cover, and cook for about 15 minutes until the rice is tender. Fluff with a fork and stir in chopped parsley or dill.
2. Season the chicken: Sprinkle the chicken breasts with garlic powder, onion powder, salt, and black pepper.
3. Sear the chicken: Heat olive oil in a large skillet over medium heat. Cook the chicken for about 5 minutes per side until golden and fully cooked. Remove from the skillet and set aside.
4. Cook the garlic: In the same skillet, melt butter and sauté the minced garlic for about 30 seconds until fragrant.
5. Make the sauce: Stir in the heavy cream, lemon juice, Dijon mustard, salt, and pepper. Let the sauce simmer for a few minutes until it thickens slightly.
6. Finish the chicken: Return the chicken to the skillet and spoon the sauce over the top. Simmer for 2-3 minutes so the chicken absorbs the flavor.
7. Serve: Serve the lemon garlic chicken over the herb rice and garnish with chopped parsley and lemon wedges.

SWAPS & NOTES

Second, the dish uses simple ingredients that most kitchens already have on hand, making it easy to prepare without special planning.

Finally, it pairs beautifully with fresh sides.

I often serve it with a crisp salad like [Easy Homemade Caesar Salad with Chicken](#) to create a balanced meal. [recipe_card id="1395"] Ingredients Here's everything you'll need to make this comforting chicken dinner.

Ingredient Swaps and Notes This dish is easy to customize depending on your taste or what you have available.

TIPS FOR SUCCESS

Don't overcook the chicken Cook just until the internal temperature reaches 165°F to keep it juicy.

Use fresh lemon juice Fresh lemon provides brighter flavor than bottled juice.

Deglaze the skillet Scrape up the browned bits after cooking the chicken for extra flavor in the sauce.

Let the sauce simmer gently This allows it to thicken without separating.

