

Chicken Scampi Recipe with Lemon Parmesan Rice

1 pound boneless, skinless chicken breasts, sliced into bite-sized pieces



TIME
7 min

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INGREDIENTS

1 pound boneless, skinless chicken breasts, sliced into bite-sized pieces
2 tablespoons olive oil
1 tablespoon unsalted butter
1 teaspoon Italian seasoning
1/2 teaspoon crushed red pepper flakes
Salt, to taste
Black pepper, to taste
4 cloves garlic, minced
Juice of 1 lemon
Zest of 1/2 lemon
1 1/2 cups long-grain white rice
3 cups chicken broth
1/2 cup heavy cream
1 cup grated Parmesan cheese
2 tablespoons chopped fresh parsley, for garnish
Extra lemon wedges, for serving

DIRECTIONS

1. Cook the chicken: In a large deep skillet or saucepan, heat the olive oil and butter over medium-high heat.
2. Season the chicken pieces with : Italian seasoning, salt, black pepper, and crushed red pepper flakes. Add the chicken to the skillet and cook for about 7 minutes, until golden and cooked through. Remove the chicken and set it aside.
3. Build the garlic-lemon base: Lower the heat to medium. In the same skillet, add the minced garlic and sauté for about 30 seconds, just until fragrant.
4. Stir in the lemon juice and lemon zest.
5. Toast the rice: Add the uncooked rice to the skillet and stir well so it is coated in the garlic-lemon mixture. Let it toast for about 2 minutes.
6. Simmer the rice: Pour in the chicken broth and bring the mixture to a boil.
7. Reduce the heat to low, cover, and simmer for about 25 minutes, or until the rice is tender and the liquid is absorbed.
8. Make it creamy: Once the rice is cooked, stir in the heavy cream and grated Parmesan cheese until the mixture is creamy and well combined.
9. Return the chicken: Add the cooked chicken back to the skillet and gently fold it into the rice. Let everything warm through for about 5 minutes, then remove from the heat.
10. Garnish and serve: Sprinkle with fresh parsley and serve with extra lemon wedges on the side.

SWAPS & NOTES

Boneless skinless chicken breasts work well because they cook

quickly and stay tender when cut into small pieces.

Chicken thighs can also be used if you prefer a richer flavor.

Long-grain white rice is a good fit here because it cooks evenly

and stays fluffy while still absorbing the scampi-style sauce.

Avoid quick-cooking rice unless you plan to adjust the liquid and timing.

TIPS FOR SUCCESS

Cut the chicken into evenly sized pieces so it cooks quickly and stays tender.

Do not let the garlic brown too much.

It only needs a short sauté to release its flavor before the lemon juice goes in.

Toasting the rice briefly before adding the broth helps deepen the flavor and gives the dish a more developed, savory base.

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