

## One-Pan Cheesy Chicken Broccoli and Rice: A 30-Minute Dinner Hero

One-Pan Cheesy Chicken, Broccoli & Rice skillet.



**TIME**  
**5 min**

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### INGREDIENTS

The Healthy Stuff: 2 1/2 cups broccoli florets (cut small) and 1/2 medium yellow onion (diced finely).

The Protein: 1 pound boneless skinless chicken breasts, cut into bite-sized pieces.

The Grains: 1 cup uncooked extra long grain white rice.

The Liquid Gold: 2 1/2 cups low-sodium chicken broth (I highly recommend using Better Than Bouillon for a richer taste).

The Flavor Makers: 3 Tbsp extra virgin olive oil, 2 cloves minced garlic, kosher salt, and freshly ground pepper.

The Cheese: 2 cups shredded extra sharp cheddar cheese (grate it yourself for the best melt!).

### DIRECTIONS

- 1. SautØ the Aromatics:** In a large skillet or deep pan, heat two tablespoons of olive oil over medium heat. Add the finely diced onions and sautØ until they soften and become translucent. While the onions cook, season your bite-sized chicken pieces with salt and pepper.
- 2. Brown the Chicken:** Increase the heat to medium-high and add the chicken to the pan. Brown the pieces on all sides-they don't need to be cooked through yet, just golden on the outside. Add the minced garlic and cook for about 1 minute until fragrant.
- 3. Toast the Rice:** Push the chicken and onion mixture to one side of the pan. Add the remaining tablespoon of olive oil to the empty side and pour in the uncooked rice. SautØ the rice in the oil for 2-3 minutes. Toasting the rice adds a nutty flavor and helps the grains stay separate.
- 4. Simmer:** Pour in the chicken broth and stir everything together. Bring the mixture to a boil, then immediately lower the heat to a simmer. Cover the pan with a tight-fitting lid. Cook for 12 minutes.
- 5. Add the Broccoli:** Remove the lid and sprinkle the broccoli florets evenly over the top of the rice and chicken. Give it a quick, gentle stir to combine. Replace the lid and continue to cook on low for another 8 minutes, or until the rice has absorbed the liquid and the broccoli is tender-crisp.
- 6. The Cheesy Finish:** Remove the pan from the heat. Stir in half a cup of the shredded cheddar cheese to make the rice creamy. Sprinkle the remaining 1 1/2 cups of cheese over the top. Cover the lid once more for 1-2 minutes until the cheese is a bubbly, melted blanket.

## SWAPS & NOTES

**The Rice:** Stick to long-grain white rice for this stovetop method.

Short-grain rice can become too sticky, and brown rice requires much more liquid and a longer cooking time.

**The Broccoli:** If you only have frozen broccoli, add it during the last 5 minutes of cooking instead of 8, as it is usually blanched and will cook faster.

**The Cheese:** While extra sharp cheddar is the classic choice, a mix of Monterey Jack and Sharp Cheddar makes for an incredible cheese pull.

## TIPS FOR SUCCESS

**Uniformity is Key:** Cut your chicken and broccoli into similar "bite-sized" pieces.

This ensures that every forkful has a bit of everything and that they cook at the same rate.

**Don't Peek:** Every time you lift the lid during the simmering stage, you lose the steam needed to cook the rice properly.

**The Resting Period:** Let the dish sit for a few minutes after the cheese melts.

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

Original recipe: <https://chefmaniac.com/one-pan-cheesy-chicken-broccoli-and-rice-a-30-minute-dinner-hero/>