

## One-Skillet Honey BBQ Chicken and Rice: Sweet, Smoky, and Satisfying

Honey BBQ Chicken and Rice: The Easy 20-Minute Dinner That Feels Like Comfort in a Bowl



**HONEY BBQ CHICKEN AND RICE**

you will need  
1 tsp smoked paprika  
1 tbsp minced garlic  
1/4 cup honey...

### TIME

**5 to 6 min**

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**Recipe Card**

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### SOURCE

**ChefManiac**

### INGREDIENTS

- 1 pound boneless, skinless chicken breasts or thighs, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- Salt and black pepper, to taste
- 1 cup uncooked instant rice or 2 cups cooked rice
- 1 cup chicken broth
- 1/2 cup barbecue sauce
- 2 tablespoons honey
- 1 tablespoon soy sauce
- 1/2 teaspoon chili powder, optional
- 1/2 cup shredded cheddar or mozzarella cheese, optional
- Chopped parsley or green onions, for garnish

### DIRECTIONS

1. Season the chicken: Place the chicken pieces in a bowl and season with garlic powder, onion powder, smoked paprika, salt, and pepper. Toss until evenly coated.
2. Sear the chicken: Heat olive oil in a large skillet over medium-high heat. Add the chicken and cook for 5 to 6 minutes, stirring occasionally, until browned and nearly cooked through.
3. Make the sauce: In a small bowl, whisk together the barbecue sauce, honey, soy sauce, and chili powder if using. Pour the sauce into the skillet and stir to coat the chicken.
4. Add the rice: If using instant rice, stir in the uncooked rice and chicken broth. Bring everything to a gentle simmer, then cover and cook according to the rice package directions, usually about 5 minutes.
5. If using cooked rice, stir it in once the sauce has thickened slightly and cook for another 2 to 3 minutes until heated through.
6. Finish and serve: Once the rice is tender and the sauce has thickened, remove the skillet from the heat. Sprinkle cheese over the top if desired and cover for a minute or two until melted. Garnish with parsley or green onions before serving.

### SWAPS & NOTES

Chicken thighs work especially well here because they stay tender and flavorful, but chicken breast is a great lean option too.

If you are using leftover cooked rice, simply reduce the broth

and stir the rice in near the end so it warms through without getting mushy.

For the barbecue sauce, use your favorite style.

A smoky sauce gives the dish more depth, while a sweeter sauce leans into the honey glaze effect.

## TIPS FOR SUCCESS

The biggest key to this recipe is not overcooking the chicken.

Since the pieces are small, they cook quickly.

Browning them first adds flavor, but they will finish cooking in the sauce.

Using a good-quality barbecue sauce also makes a big difference because it is one of the main flavor builders in the dish.

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

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