

Introduction

Chicken with Garlic Parmesan Rice is a delightful dish that combines succulent chicken tenders with creamy, flavorful rice infused with garlic and Parmesan cheese. This recipe is perfect for a comforting family dinner or to impress guests at your next gathering. The combination of tender chicken and rich rice makes this dish not only satisfying but also easy to prepare, making it a go-to in any home kitchen. With a blend of simple ingredients and straightforward steps, this Garlic Parmesan Chicken with Creamy Rice is sure to become a favorite in your household.

Detailed Ingredients

- Olive oil: 2 tbsp
- Butter: ½ cup (1 stick)
- Chicken tenders: 1 pound
- Garlic powder: ½ tsp
- Minced garlic: 2 tbsp
- Salt: 1 tsp, divided
- Red pepper flakes: ¼ tsp
- White rice (uncooked): 1 ½ cups
- Dry white wine (such as Pinot Grigio): ½ cup
- Parmesan cheese (grated or shredded): ½ cup
- Chicken broth: 3 cups
- Salt and pepper: to taste
- Fresh parsley: for garnish (optional)

Prep Time

Prep Time: 10 minutes

Cook Time, Total Time, Yield

Cook Time: 30-35 minutes

Total Time: 40-45 minutes

Yield: 4 servings

Detailed Directions and Instructions

Cook the Chicken

Start by heating 2 tablespoons of olive oil in a large skillet over medium heat. While the oil is heating, season the 1 pound of chicken tenders with $\frac{1}{2}$ teaspoon of garlic powder, $\frac{1}{2}$ teaspoon of salt, and freshly ground pepper to taste. Add the chicken to the skillet and cook for approximately 4-6 minutes per side, or until the chicken is browned and cooked through. Once done, remove the chicken from the skillet and set it aside on a plate.

Make the Garlic Butter Sauce

In the same skillet, reduce the heat to medium and add $\frac{1}{2}$ cup (1 stick) of butter. Allow the butter to melt completely before adding 2 tablespoons of minced garlic, $\frac{1}{4}$ teaspoon of red pepper flakes, and $\frac{1}{2}$ teaspoon of salt. Sauté the ingredients together for 2-3 minutes, or until the garlic is fragrant, being careful not to burn it. Increase the heat to medium-high and pour in $\frac{1}{2}$ cup of dry white wine, stirring frequently as it cooks. Allow the wine to simmer for about 5 minutes, which will help reduce the alcohol content and concentrate the flavors. Afterward, reserve 3 tablespoons of this sauce in a small bowl for later use.

Cook the Rice

Add 1 $\frac{1}{2}$ cups of uncooked white rice to the skillet, stirring thoroughly to coat the rice with the flavorful garlic butter sauce. Next, pour in 3 cups of chicken broth, and season with the remaining $\frac{1}{2}$ teaspoon of salt. Bring the mixture to a low boil, and once it begins to bubble, reduce the heat to medium-low. Cover the skillet and let it simmer for 20 minutes, stirring occasionally until the rice is tender and has absorbed all the liquid.

Add Parmesan and Chicken

Once the rice is fully cooked, sprinkle $\frac{1}{2}$ cup of grated or shredded Parmesan cheese over the top of the rice. Return the seared chicken tenders to the skillet, placing them gently on top of the rice. Cover the skillet once more and remove it from heat, allowing it to sit for about 5 minutes. This resting period will help the flavors meld and ensure that the chicken stays moist.

Serve

Before serving, drizzle the reserved garlic butter sauce over the chicken for an extra burst

of flavor. If desired, garnish with fresh parsley for a touch of color and freshness. Serve the Garlic Parmesan Chicken with Creamy Rice warm, and enjoy the delightful combination of flavors.

Notes

- Make sure not to overcook the chicken, as it may become dry. The key is to check for doneness, which is indicated when the internal temperature reaches 165°F.
- If you prefer a thicker rice consistency, you can use less chicken broth during the cooking process.
- This recipe can easily be doubled if you are cooking for a larger group.

Cook techniques

- **Searing:** Properly searing the chicken will give it a caramelized outer layer while keeping the inside juicy.
- **Sautéing:** The garlic is sautéed to release its oils and flavors without burning, enhancing the dish's overall taste.
- **Simmering:** Simmering the rice allows it to absorb all the flavors from the broth and butter sauce.

FAQ

Can I use chicken breasts instead of tenders?

Yes, chicken breasts can be used in place of tenders. Just make sure to cut them into smaller pieces for even cooking.

How do I store leftovers?

Store any leftovers in an airtight container in the refrigerator for up to 3 days. Reheat in the microwave or on the stovetop, adding a splash of broth if necessary to maintain creaminess.

Can I add vegetables to this dish?

Absolutely! Vegetables like spinach, broccoli, or peas can be added at the same time as the rice for added nutrition and color.

What can I substitute for white wine?

If you prefer not to use wine, you can substitute with extra chicken broth or a mixture of broth and lemon juice for acidity.

Is this dish gluten-free?

The dish can be made gluten-free by ensuring that your chicken broth and Parmesan cheese are labeled as gluten-free. Additionally, you can substitute white rice with a gluten-free grain, such as quinoa.

Conclusion

Chicken with Garlic Parmesan Rice is not only a tasty meal but also an incredibly versatile dish that can be adapted to suit various dietary preferences and ingredient availability. The creamy rice envelops the flavorful chicken, making for a satisfying dinner option that will leave everyone asking for seconds.

More recipes suggestions and combination**Garlic Butter Shrimp and Rice**

For a seafood twist, try Garlic Butter Shrimp with Rice. Sauté shrimp in garlic butter and serve over a bed of creamy rice for a delightful dish.

Creamy Mushroom Risotto

Consider making a creamy mushroom risotto, which uses similar cooking techniques but leverages arborio rice for a rich, velvety texture.

Lemon Herb Chicken with Quinoa

Substitute rice for quinoa and season the chicken with lemon and fresh herbs for a fresh, vibrant dish that is also packed with protein.

Spinach and Cheese Stuffed Chicken

For a stuffed chicken option, consider making Spinach and Cheese Stuffed Chicken, filling chicken breasts with a mixture of spinach, cheese, and spices, then baking until golden brown.



Vegetarian Garlic Parmesan Rice

To make a vegetarian version, simply omit the chicken and enhance the flavors with additional vegetables like zucchini and bell peppers, while maintaining the creamy garlic Parmesan flavor in the rice.