



Garlic Parmesan Chicken and Rice

****Instant Pot Garlic Parmesan Chicken and Rice Recipe: Comfort Food at Its Best****

****Date: June 29, 2024****

When it comes to comfort food, there's nothing quite like the rich, savory flavors of garlic, Parmesan, and creamy chicken on a bed of perfectly cooked rice. With our Instant Pot Garlic Parmesan Chicken and Rice, you can achieve a delicious, hearty meal with minimal effort. Whether you're preparing dinner for a busy weeknight or looking to impress your family with a home-cooked meal, this dish delivers every time.

****Ingredients****

- **1 lb boneless, skinless chicken breasts, diced**: Provides the protein and main substance for the dish.
- **1 cup Chicken broth**: Adds liquid and deepens the flavor profile.
- **1 cup Heavy cream**: Creates a creamy, rich sauce that coats the rice and chicken.
- **1 1/2 cups White rice**: A staple ingredient that makes the dish hearty and filling.
- **1/2 cup Parmesan cheese, grated**: Adds a salty, nutty flavor that complements the garlic and cream.
- **4 cloves Garlic, minced**: Imparts a bold, aromatic note throughout the dish.
- **1 tsp Salt**: Essential for seasoning.
- **1 tsp Pepper**: Adds a bit of heat and depth.
- **Fresh parsley, chopped (optional for garnish)**: Adds a fresh, bright finish to the dish.

Instructions

1. **Set Up the Instant Pot**: Turn your Instant Pot to sauté mode. Add a bit of cooking oil (about a tablespoon).
2. **Cook the Chicken**: Once the oil is hot, add the diced chicken breast. Cook until the chicken is browned on all sides.
3. **Add Garlic**: Stir in the minced garlic and sauté for another minute, making sure it doesn't burn.
4. **Incorporate Liquids and Seasonings**: Pour in the chicken broth and heavy cream. Add in the salt and pepper, stirring well to combine.
5. **Add the Rice**: Pour the rice into the mixture, ensuring an even distribution. Avoid stirring to prevent the rice from sticking to the bottom.
6. **Pressure Cook**: Lock the lid on the Instant Pot and set it to high pressure for 8 minutes.
7. **Quick Release and Finish**: Once the cooking cycle is complete, perform a quick release. Open the lid, add the grated Parmesan cheese

and stir until it melts and the mixture becomes creamy.

8. ****Serve****: Garnish with chopped fresh parsley if desired. Serve hot and enjoy the flavors of this comforting dish.

See also Creamy Garlic Herb Mashed Potatoes

****Notes****

- For the best results, make sure your Instant Pot's inner pot is properly placed and that the lid is securely locked.
- Avoid the temptation to stir the rice after adding it to the pot. Letting it rest on top prevents it from sticking to the bottom and ensures even cooking.
- Adjust the seasoning to your taste. If you prefer a bit more heat, add a pinch of crushed red pepper flakes.

****Suggestions****

- This meal pairs wonderfully with a fresh, crisp green salad, which can provide a refreshing contrast to the rich and creamy chicken and rice.
- A side of roasted vegetables, such as broccoli or asparagus, would also complement the dish nicely.
- Leftovers can be easily reheated, making this an ideal dish for meal prep.

****Conclusion****

This Instant Pot Garlic Parmesan Chicken and Rice is a perfect blend of convenience and culinary comfort. With just a few simple ingredients and steps, you can create a delicious, satisfying meal that's bound to become a family favorite. Whether you're a seasoned cook or a beginner, this recipe will surely find a place in your regular meal rotation.

****FAQ****

****Can I use brown rice instead of white rice?****

Yes, you can use brown rice; however, the cooking time will need to be adjusted as brown rice takes longer to cook.

****Can I substitute the chicken breasts with chicken thighs?****

Absolutely! Chicken thighs can be used instead of breasts and will add a richer flavor to the dish.

****What if I don't have an Instant Pot?****

No worries! You can make this in a regular pressure cooker or even on the stovetop, although the cooking times and methods will vary slightly.

See also [Eggless Donuts](#)

****Can I make this dish dairy-free?****

You can substitute the heavy cream with a dairy-free alternative, such as coconut cream, and use a dairy-free cheese substitute in place of Parmesan.

****Is it possible to add vegetables to this dish?****

Definitely! Adding vegetables like peas, carrots, or spinach can enhance the nutritional value and flavor of the dish. Just make sure they're cut into small, uniform pieces for even cooking.