Chicken Broccoli Rice Recipes

Chicken Broccoli Rice Recipes uses stovetop cooking with boneless skinless chicken thighs. Steam broccoli 5-7 minutes. Fold broccoli and cheddar into hot rice, then add cooked chicken and season.

PREP 15 MIN | COOK 30 MIN | TOTAL 55 MIN | SERVES 4 | EASY



Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 cup (185 g) long-grain white rice
- 1 3/4 cups (420 ml) low-sodium chicken broth
- 1 tbsp (15 ml) olive oil
- 3 garlic cloves, minced
- 1/2 tsp (3 g) salt, adjusted to taste
- 1/4 tsp (0.5 g) ground black pepper
- 3 cups (300 g) broccoli florets
- 1/2 cup (60 g) cheddar made with microbial rennet

Ingredient note: Rice and chicken are cooked separately for reliable texture.

Method

1. Rinse rice and drain. Bring broth to a simmer, stir in rice, cover and cook on low 15-18 minutes until tender. Rest covered 10 minutes.

2. Cut chicken into 1-inch pieces. Heat oil in a skillet and cook chicken 10-14 minutes, turning, until 165°F (74°C). Add garlic for the last 30 seconds.

3. Steam broccoli 5-7 minutes. Fold broccoli and cheddar into hot rice, then add cooked chicken and season.

Serving

Divide into four portions and serve hot. Prepare any optional side dish separately.

Doneness & safe handling

Cook raw chicken and reheat cooked chicken to 165°F (74°C), measured with a food thermometer. Avoid crowding the pan. Keep raw-chicken utensils separate from cooked food. Do not leave perishable food at room temperature for more than two hours.

Tips & variations

- Rice and chicken are cooked separately for reliable texture.
- Herb finish: Add 1 tbsp chopped parsley before serving.
- Mild heat: Add a pinch of chili flakes to individual portions.

Storage, freezing & reheating

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below. Use within 3-4 days of the earliest cooked ingredient; assembling leftovers does not restart that clock. Freeze airtight portions for up to 2 months for best quality. Thaw in the refrigerator. Fresh salad vegetables and creamy sauces may lose texture; freeze chicken separately where practical. Reheat on the stove or in the microwave until the center reaches 165°F (74°C), stirring and adding a splash of water if needed. Reheat leftovers separately from the slow cooker.

Quick answers

Can I make this ahead? Yes. Refrigerate promptly and use within the original cooked ingredients' 3-4 day storage window.

How do I check chicken? Use a thermometer; cooked or reheated chicken should reach 165°F (74°C).

Can I adjust seasoning? Taste cooked food before adding salt, especially when using rotisserie chicken or broth.