Chicken Lunch

Chicken Lunch uses cooked chicken breast and the stovetop method. Keep salad vegetables separate if packing ahead; cool rice quickly in shallow containers.



PREP	COOK	ADDITIONAL	SERVINGS	DIFFICULTY
15 min	**20 min**	**5 min**	**4**	**Easy**

Ingredients

- 2 cups (280 g) cooked chicken breast, diced
- 1 cup (185 g) long-grain rice
- 1 1/2 cups (360 ml) water
- 1 cup (150 g) cherry tomatoes, halved
- 1 cup (150 g) diced cucumber
- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) lemon juice
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tbsp chopped parsley

Ingredient Notes

Keep salad vegetables separate if packing ahead; cool rice quickly in shallow containers.

Instructions

1. Rinse rice. Bring rice, water and half the salt to a boil, cover and cook on low 15–18 minutes. Rest covered off heat 5 minutes.
2. Warm the cooked chicken in a skillet with 2 tablespoons water until 165°F (74°C).
3. Mix oil, lemon juice, remaining salt, pepper and parsley.
4. Divide rice, warm chicken, cucumber and tomato between four bowls. Drizzle with dressing and serve.

Temperature & Doneness

Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. Use a food thermometer; color and time alone are not reliable.

Key Tips

- Keep salad vegetables separate if packing ahead; cool rice quickly in shallow containers.
- Prepare all measured ingredients before heating the pan. Keep raw and cooked utensils separate.

Common Mistakes

- Skipping the thermometer check.
- Crowding the cooking surface.
- Changing the chicken cut without adjusting the cooking time.

Variations

- Quinoa: replace rice with cooked quinoa.
- Avocado: add sliced avocado at serving.
- Herb: use dill instead of parsley.

Serving

Serve warm or chill promptly for lunch bowls.

Storage & Reheating

Storage: Refrigerate promptly in shallow covered containers at 40°F (4°C) or below. Use within 3–4 days, counting any previous storage of cooked chicken.

Freezing: Freeze cooled chicken in airtight portions at 0°F (-18°C) for up to 2 months for best quality. Thaw overnight in the refrigerator. Keep fresh salad components separate.

Reheating: Reheat cooked chicken to 165°F (74°C). Warm sauced dishes gently with a splash of broth; re-crisp coated chicken on a rack in a 375°F (190°C) oven. Keep fresh vegetables and dips separate.

FAQs

Which chicken cut should I use? Use cooked chicken breast as listed for the stated timing.

How do I know when it is done? Check the thickest part reaches 165°F (74°C).

Can I make it ahead? Refrigerate promptly and follow the storage and reheating instructions; keep coatings, dressings and fresh vegetables separate when practical.

Food-safety reference: FoodSafety.gov — Safe minimum internal temperatures —

https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

Food-safety reference: FoodSafety.gov — Cold food storage chart — https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts