Chicken Scampi with Garlic Parmesan Rice

Pair seared chicken with a lemon-garlic butter sauce and Parmesan rice. Cook the rice in a separate saucepan while the chicken cooks so both textures remain easy to control.

SERVES 4	PREP 20 min	COOK 30 min	EXTRA 5 min



Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken breast, sliced into 4 cutlets
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 2 tbsp (30 ml) olive oil
- 3 tbsp (42 g) unsalted butter, divided
- 5 garlic cloves (15 g), minced, divided
- 1 cup (185 g) long-grain white rice, rinsed and drained
- 2 1/2 cups (600 ml) low-sodium chicken broth, divided
- 1/2 cup (45 g) vegetarian Parmesan-style hard cheese, finely grated
- 2 tbsp (30 ml) lemon juice
- 1 tsp (2 g) finely grated lemon zest
- 2 tbsp (8 g) chopped fresh parsley

Method

1. Season 1/2-inch (1.3-cm) cutlets with salt and pepper. In a medium saucepan, melt 1 tbsp butter and soften half the garlic for 30 seconds. Add drained rice and stir for 1 minute.
2. Add 2 cups (480 ml) broth to the rice and bring to a simmer. Cover, reduce heat to low and cook for 15 to 18 minutes until liquid is absorbed. Remove from heat and rest covered for 5 minutes.
3. While rice cooks, heat oil in a wide skillet. Cook chicken over medium heat about 4 to 5 minutes per side until every thickest center reaches 165°F (74°C). Move to a clean plate.
4. Lower heat, add remaining garlic for 30 seconds, then remaining 1/2 cup (120 ml) broth. Simmer for 3 minutes, scraping up the browned residue. Off heat, stir in remaining butter, lemon juice and zest. Return chicken and spoon sauce over it.
5. Fluff rice and fold in grated hard cheese and half the parsley. Divide rice among 4 bowls, top with chicken and lemon-garlic pan sauce, and sprinkle remaining parsley.

Doneness & safe handling

Cook chicken to at least 165°F (74°C). Insert a food thermometer into the thickest center from the side of thin cutlets. Check several large pieces for bites or skewers. Timing, color and clear juices do not replace a temperature check.

Cook’s notes

Measure the divided broth before cooking: 2 cups for rice, 1/2 cup for pan sauce.

Common mistake

Brown rice and quick-cooking rice need different liquid and timing; do not substitute them directly.

Variations

For creamier rice, stir 2 tbsp (30 ml) warm cream into the finished grain. Serve chicken and rice in bowls with separately steamed broccoli.

Serving

Divide the cooked chicken and the listed pasta, rice, potatoes or vegetables among 4 plates or bowls. Spoon over the finished sauce where present and serve promptly.

Storage

Refrigerate promptly in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Do not wait for a large batch to cool completely on the counter.

Freezing

Freeze promptly cooled portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator. Cheese and crumb toppings may soften after thawing.

Reheating

Reheat portions gently in a covered skillet or the microwave, adding a little water if needed and stirring or turning for even heating. Check the thickest chicken and any casserole center reaches 165°F (74°C). Do not reheat chilled leftovers in a slow cooker.

Quick questions

Is this a one-pan recipe? This version uses one skillet and one saucepan so the cutlets do not overcook while the rice steams.

Can I use jasmine rice? Yes, but follow its package liquid ratio and timing for the rice portion.

Recipe references: Budget Bytes - covered white-rice absorption technique • https://www.budgetbytes.com/one-pot-chicken-and-rice/
USDA FSIS - safe minimum poultry temperature • https://ask.fsis.usda.gov/article/What-is-a-safe-internal-temperature-for-cooking-meat-and-poultry
USDA FSIS - chilling and storage of leftovers • https://ask.fsis.usda.gov/article/How-do-I-handle-leftovers-safely
USDA FSIS - safe food handling and reheating •
https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe