Garlic Parmesan Chicken and Rice

Italian / Italian-American | Skillet / Stovetop | Easy



PREP 15 min	COOK 25 min	TOTAL 45 min	SERVES 4

Cook garlic rice in a covered saucepan while seasoned thighs cook in a skillet. Fold grated hard cheese into the rice off the heat and serve with sliced chicken.

INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 tbsp (15 ml) olive oil
- 2 tbsp (28 g) butter
- 4 garlic cloves (12 g), minced
- 1 cup (185 g) long-grain white rice, rinsed and drained
- 2 cups (480 ml) low-sodium chicken broth
- 1/2 cup (45 g) vegetarian Parmesan-style hard cheese, finely grated
- 2 tbsp (8 g) chopped parsley

Ingredient note: Use long-grain white rice; brown rice needs a different liquid ratio and substantially longer cooking. The chicken and rice cook in separate pans.

Method & notes

15 min prep | 25 min cook | 4 servings

METHOD

Season opened thighs with salt and pepper. Heat oil in a wide skillet and cook chicken over medium heat for 6 to 8 minutes per side, or until every thickest part reaches 165°F (74°C). Reduce the heat if it browns too quickly.
Meanwhile, melt butter in a saucepan. Stir garlic for 30 seconds, then add drained rice and stir for 1 minute.
Add broth, bring to a boil, cover tightly and reduce to low. Cook 15 to 18 minutes until rice is tender and liquid is absorbed; check the rice package for variety-specific guidance.
Take rice off the heat and leave covered for 5 minutes. If rice is still firm, add 2 tbsp water and cook covered for another 3 to 5 minutes before resting.
Fluff rice and fold in grated cheese and parsley. Slice the fully cooked chicken and serve over the rice.

SAFE DONENESS

Check every thickest chicken center reaches at least 165°F (74°C), inserting the thermometer from the side of thin portions. Browning and cooking time are guides, not substitutes for a temperature check.

TIP

Keep the rice lid closed while it simmers so steam stays in the pot.

AVOID

Boiling rice uncovered evaporates the measured liquid before the grains soften.

SERVING & VARIATIONS

Serving: Divide the chicken and included vegetables or rice among 4 plates and serve promptly with the finished sauce or pan juices.
Stir 1 cup (140 g) thawed peas into the rice during its last 3 minutes of cooking.

STORAGE

Spread rice into shallow containers and refrigerate promptly, preferably within 1 hour; never leave it in a warm saucepan. Refrigerate in shallow covered containers within 2 hours, or 1 hour when above 90°F (32°C). Keep at 40°F (4°C) or colder and use within 3 to 4 days.

FREEZING

Freeze promptly cooled portions airtight at 0°F (-18°C) for up to 3 months for best quality. Thaw in the refrigerator; coatings may soften.

REHEATING

Add a splash of water to rice and reheat covered, stirring for even heat. Reheat chicken alongside or separately; check both rice and chicken reach 165°F (74°C).

QUICK ANSWERS

Is this a one-pot recipe? No. Two pans keep the chicken temperature and rice texture easy to control.
Can I use breast? Use thin breast cutlets, start checking earlier and stop at 165°F (74°C).

NUTRITION

Not calculated.

Recipe developed from the supplied importer content.