

Bite Spoon

Creamy Garlic Chicken Rice Bowls

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 1 cup long-grain rice
- [ ] 2 cups low-sodium chicken broth
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 cup heavy cream

For the Sauce

- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste
- [ ] Optional: pinch of red pepper flakes

Instructions

1. Start by rinsing the rice under cold water; then combine rice and broth in a saucepan, bring to boil, reduce heat, cover, and simmer for 15 minutes.
2. While rice cooks, heat olive oil in a large skillet over medium-high heat. Pat chicken dry, season with salt and pepper, and sear until golden on all sides, about 5 minutes; set aside.
3. In the same skillet, add a little more oil if needed, then sauté minced garlic until fragrant, about 30 seconds. Deglaze with a splash of broth, scraping up any brown bits.
4. Stir in heavy cream, reduce heat to low, let it thicken slightly, then whisk in Parmesan cheese and lemon juice. Return chicken to the pan, coat well, and heat through.
5. Fluff the cooked rice, divide into bowls, spoon the creamy garlic chicken over the rice, and garnish with a sprinkle of red pepper flakes or fresh herbs if desired.

Nutrition per serving

520 kcal	34 g	45 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce gets too thick, add a splash more broth or water.
- Taste before adding cheese; adjust seasoning for balance.
- For extra richness, finish with a pat of butter.