



LemonParmesan Chicken and Rice Bowl

Oscar · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

5

Description

A quick and delicious meal that is healthy and the family will love it Cheesy lemony crunchy

Ingredients

- - 1 cup rice - 5 tablespoons vegetable oil
- divided - 2 cups hot water - 1 (8 ounce) package frozen broccoli - salt and ground black pepper to taste - 2 pounds skinless
- boneless chicken breast
- cut into 1-inch cubes - 1 ½ teaspoons garlic powder - 1 ½ teaspoons onion powder - 1 large onion
- diced - 1 lemon
- zested and juiced - ½ cup grated Parmesan cheese

Instructions

1. Preheat oven to 400 degrees F (200 degrees C). Heat an oven-safe pot over medium-high heat; stir rice and 2 tablespoons oil together in the hot saucepan to coat the rice with oil. Pour hot water over the rice; bring to a boil and place a cover on the pot. Bake rice in preheated oven until the water is absorbed and rice is tender
2. 12 to 15 minutes. Place broccoli into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender
3. 5 to 7 minutes. Drain and season broccoli with salt and pepper. Heat remaining oil in a skillet over medium-high heat; add chicken to hot oil
4. season with garlic powder and onion powder. Saute chicken until completely browned
5. 5 to 7 minutes. Stir onion into the chicken; continue cooking until onions are soft and translucent
6. 5 to 7 minutes. Spoon rice into the skillet; cook until lightly browned on the bottom
7. about 3 minutes. Stir broccoli into the rice mixture; sprinkle lemon zest and lemon juice over the mixture and stir. Top with Parmesan cheese. Dotdash Meredith Food Studios Editor's Note: This recipe appeared in Allrecipes Magazine and was modified to use pearled farro in place of rice.