Garlic Chicken & Rice Recipe
RECIPE

Garlic Chicken & Rice Recipe



TIME	20 min
INGREDIENTS	13 items
MAKES	6 servings

A delicious Dijon and lemon chicken dish that takes advantage of seasonal veggies like spinach, mushrooms and peppers.

INGREDIENTS

- 3 cups seasonal mixed vegetables (spinach, peppers, asparagus, mushrooms), chopped
- 2 teaspoon cooking oil*
- 1 pouch Ben's Original™ Ready Rice™, Long Grain & Wild
- 4 small chicken breasts, boneless and skinless
- 1 teaspoon course salt*
- 1/2 teaspoon ground black pepper*
- 1 teaspoon dried thyme
- 1 teaspoon onion powder
- 4 cloves garlic
- 1/4 cup chicken broth, low sodium

- 1/2 cup heavy cream
- 1 lemon, zest and 2 Tbsp juice
- 1 1/2 teaspoon Dijon mustard

INSTRUCTIONS

1. Season chicken breasts with 1/2 tsp. of the salt, half the pepper, thyme and onion powder. Set aside.
2. Heat 1 tsp. of the oil in a large skillet over medium-high, add the vegetables and sauté for 3 to 4 minutes until tender crisp. Massage the pouch of rice to loosen grains and add with 1 Tbsp. water to the pan, stir and cook about 2 minutes more to heat through. Remove from pan, set aside and keep warm.
3. Return pan to medium-high heat, add chicken and cook for 3 to 4 minutes per side to brown. Remove from pan and set aside, leaving drippings in the pan.
4. Return the pan to the heat and add minced garlic, sauté for 30 seconds. Add chicken broth, heavy cream, remaining 1/2 tsp. salt, and the remaining pepper. Bring to a low simmer, then stir in the lemon zest, juice, and Dijon mustard. Cook for 1 minute.
5. Return the chicken to the pan with sauce, turn to coat, cover and simmer until the chicken is cooked through and internal temperature is 165°F, about 3-4 minutes more. Remove chicken from the pan, let rest for a 3-5 minutes, slice and add back into the sauce.
6. Arrange the rice and vegetable mixture on a plate and top with chicken and sauce. *This ingredient is divided between steps.

NUTRITION

- CALORIES: 260
- TOTAL FAT: 12g - 15%
- SATURATED FAT: 5g - 25%
- TRANS FAT: 0g
- SODIUM: 590mg - 26%
- CARBOHYDRATES: 18g - 7%
- DIETARY FIBER: 2g - 7%
- SUGARS: 3g
- PROTEIN: 21g

Categories:

Stovetop, Chicken, 5-15 min, Ready Rice, Long Grain & Wild

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Wild Rice Chicken Supreme

Cooking time

45 min

Ingredients

13 items



Chicken Rice Casserole

Cooking time

7 min

Ingredients

4 items



Long Grain & Wild Rice Soup

Cooking time

30 min

Ingredients

11 items

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