

Garlic Chicken & Rice Recipe
RECIPE

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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.

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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

PRODUCTS USED



BEN'S ORIGINAL™ READY RICE™ Long Grain & Wild Rice

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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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Cooking time

45 min

Ingredients

13 items

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[Chicken Rice Casserole](#)

Cooking time

7 min

Ingredients

4 items

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[Long Grain & Wild Rice Soup](#)

Cooking time

30 min

Ingredients

11 items

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