



# Creamy Garlic Chicken with Rice

## Ingredients

For the chicken:

1 lb (450g) chicken breasts or thighs, cut into pieces  
2 tbsp olive oil  
1 tsp paprika  
1/2 tsp garlic powder  
Salt and pepper to taste

For the garlic sauce:

2 tbsp unsalted butter  
4 garlic cloves, minced  
1 cup chicken broth  
1 cup heavy cream  
1 tsp Dijon mustard  
1/4 cup grated Parmesan cheese  
1 tbsp cornstarch mixed with 2 tbsp water (optional, for thickening)  
Chopped parsley for garnish

For serving:

2 cups cooked rice

## Directions

Season chicken: Rub chicken pieces with paprika, garlic powder, salt, and pepper.

Sear chicken: Heat olive oil in a skillet over medium-high heat. Cook chicken for 4-5 minutes per side until golden brown and fully cooked. Remove and set aside.

Prepare garlic sauce: In the same skillet, melt butter and sauté garlic until fragrant, about 1 minute. Add chicken broth, heavy cream, and Dijon mustard. Stir well and bring to a gentle simmer.

Thicken sauce (optional): Stir in Parmesan cheese. If desired, add the cornstarch mixture and simmer for 2-3 minutes until thickened. Season with salt and pepper to taste.

Combine: Return chicken to the skillet and coat with the creamy sauce.


Serve: Spoon chicken and sauce over cooked rice. Garnish with fresh parsley and enjoy warm!

## Details

Prep Time:  10 minutes

Cook Time:  20 minutes

Total Time:  30 minutes

Servings:  4

Calories:  ~480 kcal per serving