



# Garlic Butter Chicken and Parmesan Rice

## INGREDIENTS:

- 1 lb. chicken tenderloins
- Salt and pepper, to taste
- 1/2 teaspoon garlic powder
- 2 tablespoons olive oil
- 1 stick butter, divided
- 2 tablespoons minced garlic
- 1/4 teaspoon red pepper flakes
- 1 1/2 teaspoons salt, divided
- 1/2 cup dry white wine
- 1 1/2 cups uncooked white rice
- 3 cups chicken broth
- 1/2 cup fresh grated Parmesan cheese

## INSTRUCTIONS:

1. Season the chicken tenderloins with salt, pepper, and garlic powder.
2. In a large nonstick skillet, heat the olive oil over medium heat. Add the seasoned chicken and cook until browned and fully cooked through. Remove the chicken from the skillet, cover to keep warm, and set aside.
3. In the same skillet, reduce the heat slightly and add the divided stick of butter, minced garlic, red pepper flakes, and 1/2 teaspoon of salt. Sauté for about 3 minutes, ensuring the garlic does not burn.
4. Increase the heat to medium-high and add the dry white wine. Stir vigorously to combine with the butter, cooking for approximately 5 minutes until the mixture reduces by half. Reserve 2 tablespoons of this sauce for later use.
5. Add the uncooked white rice to the skillet, stirring for 3-4 minutes until the rice begins to brown.
6. Pour in the chicken broth and add the remaining 1 teaspoon of salt. Bring to a low boil, then reduce the heat to medium-low. Cover and cook for 20 minutes, stirring occasionally during the first 15 minutes to prevent sticking.
7. Once the rice is cooked, sprinkle the fresh grated Parmesan cheese over it. Place the cooked chicken tenders on top of the rice and drizzle with the reserved pan sauce.
8. Cover the skillet again, remove from heat, and let it stand for an additional 5 minutes.
9. For an optional garnish, add more Parmesan and finely chopped fresh parsley before serving.

Enjoy your meal!