

Apple-Glazed Chicken with Rice

This delightful dish combines tender chicken with the sweet tartness of apples, served over a fluffy bed of rice. Perfect for a comforting meal that balances flavors beautifully.



Main Dish

30 min

Total time

easy

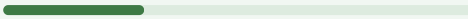
Difficulty

450

kcal / serving

Nutrition per serving (estimated)

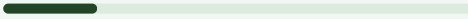
Protein 34 g



Carbs 55 g



Fat 10 g



Fiber 3 g · Sugar 11 g · Sodium 650 mg

Ingredients

- 1 boneless, skinless chicken breast
- 1 medium apple, diced
- 1/2 cup uncooked rice
- 1 cup chicken broth
- 1 tablespoon olive oil
- 1 teaspoon cinnamon
- Salt and pepper to taste
- Fresh parsley for garnish

Substitutions

Chicken breast – Boneless, skinless chicken thighs; allow a little extra cooking time if they are thicker.

Chicken broth – Vegetable broth in the same amount.

Fresh parsley – Fresh thyme leaves for a similarly fresh herbal garnish.

Steps

- 1 Rinse the rice under cold water until the water runs clear.
- 2 In a small saucepan, combine the rice and chicken broth. Bring to a boil, then reduce heat, cover, and simmer for 18–20 minutes until the rice is cooked and liquid is absorbed.
- 3 While the rice cooks, heat olive oil in a skillet over medium heat.
- 4 Season the chicken breast with salt, pepper, and cinnamon. Add to the skillet and cook for about 5–7 minutes on each side, until golden brown and cooked through.
- 5 Add the diced apples to the skillet with the chicken during the last 3 minutes of cooking, allowing them to soften and caramelize.
- 6 Once the rice is done, fluff it with a fork and serve it alongside the chicken and apples. Garnish with fresh parsley.

Chef's tips

- A similarly sized chicken breast cooks more evenly; very thick areas may remain underdone while thinner edges dry out.
- Look for apples that are tender but still hold their shape; stirring them too much can make them mushy.
- Keep the rice covered off the heat for a few minutes after cooking so it can finish steaming and stay fluffy.

Drink pairing

A dry, lightly oaked Chardonnay

Its gentle fruit and rounded texture complement the sweet-tart apple glaze without overpowering the chicken.

0% option: Sparkling apple cider

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot; store chicken and rice together or separately.

Frequently asked questions

How can I tell when the chicken is cooked through?

Cut into the thickest part: it should be opaque throughout, with no pink center.

Can I make the rice ahead?

Yes. Refrigerate cooked rice promptly and use within 3–4 days; reheat it until steaming hot before serving.

What should the apples look like when they are ready?

They should look glossy and softened at the edges while still retaining their diced shape.