

Cheesy Chicken and Broccoli Rice

A delicious and comforting main dish packed with tender chicken, vibrant peppers, nutritious broccoli, and creamy cheese, served over fluffy rice.



Main Dish

25 min

Total time

Easy

Difficulty

500

kcal / serving

Ingredients

- Ingredients for 1 person:
- 1 boneless, skinless chicken breast
- 1 cup broccoli florets
- 1/2 red bell pepper, sliced
- 1/2 green bell pepper, sliced
- 1/2 cup cooked rice
- 1/2 cup shredded cheddar cheese
- Salt and pepper to taste
- Olive oil for cooking

Steps

- 1 Season the chicken breast with salt and pepper.
- 2 Heat olive oil in a skillet over medium heat.
- 3 Cook the chicken breast for about 6-8 minutes per side until cooked through and golden brown. Set aside.
- 4 In the same skillet, add the sliced peppers and sauté for 2-3 minutes until slightly softened.
- 5 Add the broccoli florets and cook for an additional 3-4 minutes until tender-crisp.
- 6 Slice the cooked chicken breast into thin strips.
- 7 Add the chicken back to the skillet with the vegetables.
- 8 Sprinkle the shredded cheddar cheese over the mixture and cover the skillet until the cheese melts.
- 9 Serve the cheesy chicken and vegetable mixture over cooked rice.
- 10 Enjoy!