

Lemon Garlic Chicken with Broccoli and Whole Grain Rice

This vibrant dish features juicy lemon garlic chicken breast served alongside tender broccoli and wholesome whole grain rice. A perfect balance of flavors and nutrients, ideal for a healthy meal.


30 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 chicken breast (about 150g)
- 1 cup broccoli florets
- 1/2 cup cooked whole grain rice
- 1 tablespoon olive oil
- 1 clove garlic, minced
- Juice of 1/2 lemon
- Salt and pepper to taste
- Optional: lemon wedges for garnish

Steps

- 1 In a bowl, marinate the chicken breast with olive oil, minced garlic, lemon juice, salt, and pepper for at least 15 minutes.
- 2 While the chicken is marinating, steam the broccoli florets until bright green and tender, about 4-5 minutes.
- 3 Heat a non-stick skillet over medium heat. Once hot, add the marinated chicken breast and cook for about 6-7 minutes on each side, or until the chicken is cooked through and golden brown.
- 4 In a plate, serve the cooked whole grain rice, topped with the sautéed chicken, and arrange the steamed broccoli on the side.
- 5 Garnish with lemon wedges if desired, and enjoy your nutritious meal!