

Lemon Herb Chicken with Fluffy Rice

A delightful dish featuring tender chicken breasts marinated in zesty lemon and fresh herbs, served over a bed of fluffy jasmine rice. Perfectly balanced for a nutritious meal.


45 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 chicken breast
- 1/2 cup jasmine rice
- 1 lemon (juice and zest)
- 1 tbsp olive oil
- 1 garlic clove (minced)
- 1 tsp dried oregano
- Salt and pepper to taste
- 1/2 cup chicken broth or water
- Fresh parsley for garnish

Steps

- 1 Marinate the chicken breast in lemon juice, zest, olive oil, minced garlic, oregano, salt, and pepper for at least 30 minutes.
- 2 In a saucepan, bring 1/2 cup of chicken broth (or water) to a boil. Add the jasmine rice, cover, and reduce heat to low. Cook for 15 minutes or until rice is fluffy.
- 3 While the rice is cooking, heat a skillet over medium heat. Add the marinated chicken breast and cook for 6-7 minutes on each side, or until fully cooked and golden brown.
- 4 Once the chicken is cooked, let it rest for a few minutes before slicing.
- 5 Serve the sliced chicken over the fluffy rice and garnish with fresh parsley.