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One-Pan Lemon Herb Chicken and Rice

****Short Description:**** A simple, flavorful, and healthy one-pan meal featuring tender chicken and fluffy rice cooked together with fresh herbs and lemon. Perfect for a weeknight dinner.

****Yields:**** 2 servings

****Prep time:**** 15 minutes

****Cook time:**** 35 minutes

****Ingredients:****

- * 1 lb boneless, skinless chicken breasts, cut into 1-inch pieces
- * 1 cup long-grain white rice
- * 2 cups chicken broth
- * 1 lemon, zested and juiced
- * 2 cloves garlic, minced
- * 1 tablespoon fresh rosemary, chopped
- * 1 tablespoon fresh thyme, chopped
- * Salt and freshly ground black pepper to taste

****Instructions:****

1. ****Prep the Ingredients:**** Rinse the rice under cold water. Mince the garlic and chop the rosemary and thyme. Zest and juice the lemon.
2. ****Combine Ingredients:**** In a large oven-safe skillet or Dutch oven, combine the rice, chicken broth, lemon zest, lemon juice, minced garlic, rosemary, thyme, salt, and pepper. Stir well to combine.
3. ****Add Chicken:**** Add the chicken pieces to the skillet, ensuring they are evenly distributed throughout the rice and broth mixture.
4. ****Cook on the Stovetop:**** Bring the mixture to a boil over medium-high heat. Once boiling, reduce the heat to low, cover the skillet, and simmer for 15 minutes.
5. ****Bake (Optional):**** For a crispier chicken, preheat your oven to 375°F (190°C). After 15 minutes of simmering on the stovetop, transfer the skillet to the preheated oven and bake for another 10-15 minutes, or until the chicken is cooked through and the rice is tender. Check for doneness by inserting a meat thermometer into the thickest part of the chicken; it should read 165°F (74°C).
6. ****Rest and Serve:**** Remove the skillet from the oven (if baked) and let it rest for 5 minutes before fluffing the rice with a fork. Serve immediately.

****Nutritional Breakdown (per serving, approximate):****

* ****Calories:**** Approximately 450-500 (depending on chicken breast size)

* ****Protein:**** 40-45g

* ****Carbohydrates:**** 50-55g

* ****Fat:**** 10-15g

****Note:**** Nutritional information is an estimate and may vary depending on the specific ingredients used and portion sizes. This recipe can be easily adapted to your dietary needs. For example, brown rice can be substituted for white rice for increased fiber. Additional vegetables can be added for extra nutrients.

