JANE SMITH LIFESTYLE

Garlic-Lime Chicken with Rice & Charred Broccoli

Prep: 10 min | Cook: 25 min | Serves: 2



Chicken, rice and broccoli is a classic for a reason. Garlic, lime and a hot pan give it enough flavor to look forward to at dinner, and the second serving makes an easy lunch.

Ingredients

- 3/4 cup dry white or brown rice (cook by package directions)
- 2 boneless, skinless chicken breasts (about 1 lb total)
- 1 large head broccoli, cut into small florets
- 2 Tbsp olive oil, divided
- 2 garlic cloves, minced
- 1 tsp smoked paprika
- 1/2 tsp kosher salt, plus more to taste
- 1/4 tsp black pepper
- 1 lime, zest and juice, plus wedges to serve
- 2 Tbsp chopped fresh cilantro or parsley

Directions

1. Cook the rice according to the package directions. Fluff and keep warm.
2. Pat the chicken dry. If thick, pound to an even thickness. Rub with 1 Tbsp olive oil, paprika, salt and pepper.
3. Heat a large skillet over medium-high. Cook chicken 5-7 minutes per side, adjusting heat so it browns without burning, until the center reaches 165°F. Rest 5 minutes, then slice.

4. While chicken cooks, heat the remaining oil in another skillet over medium-high. Add broccoli in a single layer and cook 4-5 minutes without moving. Toss and cook another 3-4 minutes, until crisp-tender. Stir in garlic for the final 30 seconds.
5. Toss broccoli with lime zest and half the juice. Divide rice, chicken and broccoli between plates. Finish with remaining lime juice and herbs.

Jane's Note

A little char on the broccoli is the whole point. If I have leftover rice already cooked, this becomes a very fast dinner.

Storage: Chill cooked chicken, rice and broccoli within 2 hours; refrigerate covered for up to 3 days. Reheat until steaming hot, then add fresh lime.

Find more recipes at janesmithlifestyle.co