

Italian Chicken and Rice Recipe

Italian Chicken and Rice Recipe

There's nothing more comforting than a pot of chicken and rice simmering away in the kitchen. This Italian Chicken and Rice (*Pollo e riso*) is one of those humble Italian meals that takes simple ingredients—chicken, rice, a little onion, and garlic—and turns them into something rich and satisfying. Best of all, it's made in just one pan and ready in about 30 minutes, which makes it the perfect weeknight dinner. In my house, this recipe has become a go-to when I'm craving Italian flavors without spending hours in the kitchen.

Things to know about this Italian Chicken and Rice Recipe

- **One Pan Wonder** – Everything cooks together in a single skillet or Dutch oven, which means fewer dishes and maximum flavor. The rice soaks up all the savory juices from the chicken as it cooks, making every bite rich and comforting.
- **Ready in 30 Minutes** – This recipe proves that you don't need hours in the kitchen to create something wholesome and delicious. Perfect for busy weeknights when you still want a home-cooked meal.
- **Budget-Friendly Ingredients** – Just a few pantry staples like rice, onion, garlic, and chicken breasts come together to make a complete meal that feels special without breaking the bank.
- **Versatile and Adaptable** – You can easily swap spinach

for another leafy green, use chicken thighs instead of breasts, or even make it a touch spicy with red pepper flakes.

- **Family-Friendly Comfort Food** – Mild flavors, creamy rice, and tender chicken make this dish a hit with both kids and adults. It's cozy, filling, and tastes even better the next day.
- Craving more Italian weeknight meals? Try our Creamy Italian Sausage Risotto or Italian Chicken with Lemon Wine Sauce next!

Italian Chicken and Rice Recipe

Servings

4 servings

Cook Time

- Prep: 10 minutes
- Cook: 20 minutes
- Total: 30 minutes

Ingredients

- 1 $\frac{1}{2}$ lb. boneless, skinless chicken breast
- 2 tablespoons olive oil
- 2 Tbsp. butter
- small onion, finely chopped
- 2 garlic cloves, minced
- 1 cup arborio rice

- $\frac{1}{2}$ cup dry white wine
- 4 cups chicken broth (warm)
- 1 cup fresh spinach (optional)
- $\frac{1}{2}$ cup grated Parmigiano Reggiano
- 2 tablespoons fresh parsley, chopped
- Salt and freshly ground black pepper, to taste
- Pinch of red pepper flakes (optional)

Instructions

1. **Sear the chicken** – Season chicken with, garlic powder, salt and pepper. Heat 2 tablespoon olive oil in a skillet or Dutch oven, then sear chicken on both sides until golden (about 3–4 minutes per side). Remove and set aside.
2. **Sauté aromatics** – Add the butter, onion, and garlic to the same pan. Cook until softened and fragrant, about 3 minutes.
3. **Toast the rice** – Stir in the arborio rice, coating it in the butter and aromatics. Toast for 1–2 minutes.
4. **Deglaze** – Add the white wine and stir, scraping up the browned bits.
5. **Simmer** – Pour in warm broth. simmer for 10- 12 minutes or until the rice is almost cooked Cut the chicken into medium dice or strips Return the chicken (and any juices) to the pan. Cover and cook on low for an additional 5-7 minutes, stirring occasionally, until rice is tender and chicken is cooked through.
6. **Finish** – Stir in spinach (if using). Remove from heat,

mix in Parmigiano Reggiano and parsley, and adjust seasoning with salt, pepper, and red pepper flakes.

7. **Serve** – Scoop into bowls and enjoy warm. ENJOY!!!!