



Dreamy Instant Pot Chicken and Rice



This creamy chicken and rice is a real one-pot meal! With Parmesan cheese and a splash of lemon, it's an easy and delicious dinner.

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| Course | Main Course |
| Cuisine | American |
| Keyword | chicken and rice, easy dinner, instant pot |

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| Prep Time | 15 minutes |
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| Cook Time | 25 minutes |
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| Servings | 4 |
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| Calories | 673 kcal |
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| Author | Cheryl Malik |
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Ingredients

- 1 1/2 pounds chicken breasts about 2-3 breasts, cut into bite-sized pieces
- 1 medium onion chopped
- 4 tablespoons butter
- 3 cloves garlic minced
- 3-4 cups chicken broth 3 cups for a firmer rice, 4 cups for a more risotto-inspired, soupier version. We personally prefer 4 cups.
- 1 1/2 tablespoons lemon juice from one lemon
- 1 1/2 cups white rice rinsed
- 1 cup Parmesan cheese
- 1 1/2 teaspoons salt plus more or less to taste
- 1/4 teaspoons black pepper plus more or less to taste

Instructions

1. Set Instant Pot to sauté mode. Add butter and let melt, then add garlic and onion. Sauté for 3-4 minutes.
2. Add chicken and stir. Cook until no longer translucent, about 5 minutes. Add in rice, broth, and lemon juice. Stir well, bringing chicken pieces to top.
3. Close lid and set valve to Sealing. Cook on high pressure for 8 minutes.
4. When cooking is completed, let naturally release for 2 minutes, then Quick Release rest of pressure. Stir well and season with Parmesan, salt, and pepper to taste. Add a little more chicken broth, if desired, to reach desired consistency - optional.

5. If you find liquid still remaining on the top of your Instant Pot chicken and rice after cooking, stir well and turn on Sauté mode to fully incorporate.

Recipe Notes

- **Chicken broth:** Use 3 cups of chicken broth if you prefer a firmer rice with a more separate grain. Use 4 cups for a more risotto-inspired chicken and rice, with a soupier, more stew-like texture. The rice will still have a clear grain but will be nice and soft. My family and I prefer 4 cups; we like the risotto texture more than when made with 3 cups. However, if you want your version to have clear grains of rice and be less creamy, use 3 cups.
- **Rice:** Use white rice since brown rice takes longer to cook and will overcook the chicken.
- **Cheese:** Fresh Parmesan is ideal, but can sub shredded cheese.
- **If you discover a "gluey" texture to your chicken and rice,** it's likely you've overcooked the recipe by leaving it to release pressure naturally for too long. This part is important! Give it just 2 minutes after the Instant pot beeps, then manually release pressure.
- ***This recipe will be more like a risotto than a fried rice texture or rice pilaf.***

| Nutrition Facts | |
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| Dreamy Instant Pot Chicken and Rice | |
| Amount Per Serving | |
| Calories 673 | Calories from Fat 207 |
| | % Daily Value* |
| Fat 23g | 35% |
| Saturated Fat 12g | 75% |
| Cholesterol 156mg | 52% |
| Sodium 2435mg | 106% |
| Potassium 969mg | 28% |
| Carbohydrates 61g | 20% |
| Fiber 1g | 4% |
| Sugar 2g | 2% |
| Protein 52g | 104% |
| Vitamin A 596IU | 12% |
| Vitamin C 23mg | 28% |
| Calcium 352mg | 35% |
| Iron 2mg | 11% |
| Net Carbs 60g | |
| * Percent Daily Values are based on a 2000 calorie diet. | |