

One Pan Creamy Chicken and Rice

Few meals capture the comfort and satisfaction of home-cooked food like **One Pan Creamy Chicken and Rice**. This wholesome dish brings together juicy, well-seasoned chicken, creamy herb sauce, and perfectly cooked rice in one skillet. It's the ultimate balance of flavor and texture—tender chicken nestled in a silky sauce, paired with rice that soaks up every drop of savory goodness. Whether you're looking for a simple weeknight dinner or a cozy weekend indulgence, this recipe is hearty, flavorful, and incredibly easy to make. You'll master every step, from seasoning to serving, with tips that guarantee perfect results each time.

The Beauty of One-Pan Cooking

Why One-Pan Meals Win Every Time

There's something magical about cooking an entire meal in one pan. It saves time, minimizes cleanup, and ensures that all the flavors meld beautifully. In this **One Pan Creamy Chicken and Rice** recipe, the chicken and sauce come together in the same skillet, allowing the rice to absorb every delicious element. Each bite bursts with rich, savory flavor and just the right amount of creaminess.

Comfort Meets Convenience

This recipe captures the essence of traditional Southern comfort food with a modern twist. The combination of tender chicken, velvety sauce, and fluffy rice delivers the kind of warmth that only home-cooked meals can provide. For more one-pan inspiration, try exploring the [Easy One Pan Cajun Chicken Rice](#) recipe for a bolder, spicier version that adds a little kick to your table.

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- Author: [Aaron recipes](#)
- Total Time: [50 minutes](#)
- Yield: [4 servings 1x](#)
- Diet: [Halal](#)

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Description

A creamy and flavorful one-pan chicken and rice recipe featuring tender seared chicken, rich sauce, and fluffy rice cooked together for the perfect comfort meal.

Ingredients

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Scale

For the Chicken:

- ☐ 2 lbs chicken thighs or breasts
- ☐ 1 tsp salt
- ☐ ½ tsp black pepper
- ☐ 1 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ 1 tsp paprika
- ☐ 2 tbsp olive oil

For the Sauce:

- ☐ 2 tbsp butter
- ☐ 1 small onion, diced
- ☐ 3 cloves garlic, minced
- ☐ 2 cups chicken broth
- ☐ 1 cup heavy cream
- ☐ 1 tsp dried thyme
- ☐ 1 tsp dried parsley
- ☐ ½ tsp salt
- ☐ ½ tsp black pepper

☐ 1 tsp cornstarch + 1 tbsp water (optional)

For the Rice:

☐ 1½ cups long-grain white rice

☐ 3 cups water or chicken broth

☐ Cook Mode Prevent your screen from going dark

Instructions

1. Season chicken with salt, pepper, garlic powder, onion powder, and paprika. Heat olive oil in a skillet and sear for 4–5 minutes per side until golden brown. Remove and set aside.
2. In the same skillet, melt butter and sauté onions for 3 minutes. Add garlic and cook for 30 seconds.
3. Deglaze the pan with chicken broth, scraping the browned bits. Add cream, thyme, parsley, salt, and pepper. Simmer for 5 minutes and thicken with cornstarch slurry if needed.
4. Rinse rice and cook in water or broth for 15 minutes, covered, until tender. Let rest for 5 minutes and fluff with a fork.
5. Return chicken to the skillet, cover, and simmer for 10–15 minutes until fully cooked and coated in sauce.
6. Serve chicken over rice, spooning the creamy sauce generously on top. Garnish with fresh parsley.

Notes

Use bone-in thighs for deeper flavor but cook slightly longer.

Add mushrooms, spinach, or peppers for color and nutrition.

Swap heavy cream with half-and-half for a lighter texture.

Add red pepper flakes or Cajun seasoning for a spicy twist.

- Prep Time: 15 minutes
- Cook Time: 35 minutes
- Category: Dinner
- Method: Stovetop
- Cuisine: American

Nutrition

- **Serving Size:** 1 plate
- **Calories:** 550
- **Sugar:** 3g
- **Sodium:** 670mg
- **Fat:** 22g
- **Saturated Fat:** 9g
- **Unsaturated Fat:** 11g
- **Trans Fat:** 0g
- **Carbohydrates:** 45g
- **Fiber:** 2g
- **Protein:** 40g
- **Cholesterol:** 130mg

Did you make this recipe?

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Choosing and Preparing the Chicken

Picking the Perfect Cut

The key to the best creamy chicken and rice lies in the cut of chicken you use. Chicken thighs are juicy and flavorful, while breasts are lean and mild. Both work well, but if you want extra tenderness and richness, bone-in thighs are unbeatable. They add depth to the sauce and stay moist even after simmering. For quicker cooking, boneless pieces are ideal and easier to manage in a single skillet.

Building Bold Flavor with Spices

The seasoning mix transforms simple chicken into a flavorful masterpiece. Combine salt, black pepper, garlic powder, onion powder, and paprika for a balanced blend of spice and aroma. Coat the chicken thoroughly before searing to lock in those flavors. Letting the chicken rest for a few minutes after seasoning helps the spices absorb deeper into the meat, ensuring a richer taste.

The Art of the Sear

Creating Golden Perfection

Heat olive oil in your skillet until shimmering. Place the chicken in carefully and sear each side for about four to five minutes until beautifully golden. This step builds layers of flavor by caramelizing the surface of the meat. Those golden brown bits left behind in the pan are liquid gold—they'll serve as the flavor base for your creamy sauce. Remove the chicken and set it aside, but keep every drop of those drippings in the skillet.

Laying the Flavor Foundation

Next, melt butter in the same skillet and sauté diced onion until soft and translucent. Add minced garlic and stir for about thirty seconds until aromatic. Deglaze the pan by adding chicken broth, scraping up all the browned bits. This creates a deep, savory base that forms the heart of your creamy sauce. From here, every ingredient you add builds upon that delicious flavor foundation.

Crafting the Creamy Sauce

Blending Cream and Herbs

Once the broth starts to simmer, stir in heavy cream, dried thyme, parsley, salt, and pepper. The cream softens the sharpness of the herbs, producing a velvety texture that clings beautifully to the chicken. To achieve that luxurious consistency, let the sauce simmer gently, never boil it. If you want to thicken it slightly, add a cornstarch slurry (1 teaspoon cornstarch mixed with 1 tablespoon water) and stir until glossy and smooth.

Seasoning for Perfection

Taste as you go, adjusting the balance between salt and herbs. Thyme provides a warm, earthy flavor while parsley adds brightness. The goal is a sauce that feels rich but not heavy, creamy but still flavorful. This step transforms the dish from simple to exceptional, as every element harmonizes into one perfectly balanced sauce.

Cooking the Rice

Selecting and Preparing the Right Grain

Long-grain white rice works best for this recipe because it remains fluffy and absorbs flavor without becoming sticky. Rinse it under cold water until the water runs clear to remove excess starch. Using chicken broth instead of plain water when cooking gives the rice a depth of flavor that complements the creamy sauce and tender chicken.

Perfecting the Texture

Bring your liquid to a boil, add the rinsed rice, then lower the heat to a gentle simmer. Cover and cook for about fifteen minutes. Once done, remove it from heat but keep it covered for five minutes more to allow the steam to finish the cooking process. Fluff with a fork to separate the grains. The rice will be soft, flavorful, and ready to soak up the rich sauce and tender chicken.

Merging Chicken, Sauce, and Rice

Simmering to Perfection

Return the seared chicken to the skillet with your thickened sauce. Cover and let it simmer on low for ten to fifteen minutes. This step allows the chicken to fully absorb the flavors from the sauce while staying juicy. As it cooks, the sauce thickens slightly and turns into a glossy, creamy coating that's perfect for spooning over rice.

Assembling the Plate

To serve, scoop a generous portion of rice onto your plate, place a piece of chicken on top, and drizzle the creamy sauce over it. Sprinkle chopped parsley or a pinch of paprika for a pop of color. The presentation is simple yet elegant, showcasing the creaminess and golden tones of the chicken. Add a side of steamed vegetables for a wholesome and balanced meal.

Tips for Success and Easy Variations

Make It Your Own

You can easily adapt this dish to suit your preferences. Add sliced mushrooms, spinach, or bell peppers while making the sauce for extra nutrition and flavor. For a spicier version, include a pinch of crushed red pepper flakes or substitute part of the paprika with Cajun seasoning. For a lighter option, use half-and-half instead of heavy cream—it keeps the sauce creamy without being too rich.

Quick Cooking Tricks

Save time by prepping your seasoning mix in advance. Store it in a jar so it's ready whenever you make chicken dishes. You can also cook the rice a few hours ahead, store it covered, and reheat it gently before serving. Thin chicken breasts cook faster, making them ideal for busy weeknights. Always let your chicken rest a few minutes before serving to keep it juicy.

Frequently Asked Questions

Can I use brown rice instead of white rice?

Yes, brown rice works well, but it needs a longer cooking time and a bit more liquid. It gives the dish a nutty flavor that pairs nicely with the creamy sauce.

Can I substitute milk for cream?

You can use milk, but the sauce will be thinner. To keep it creamy, mix in an extra teaspoon of cornstarch slurry while simmering.

How can I make this recipe ahead?

Prepare the chicken and sauce first, refrigerate them separately, and reheat gently before serving. Cook the rice fresh to maintain its texture.

What sides go best with this dish?

Steamed green beans, roasted carrots, or a light cucumber salad pair beautifully with this creamy chicken and rice.

Can I freeze leftovers?

Yes, you can freeze this meal for up to two months. Just thaw overnight in the fridge and reheat slowly on the stovetop with a splash of broth or cream.

Conclusion

One Pan Creamy Chicken and Rice is more than just a recipe—it's a comforting, satisfying experience that captures everything we love about homemade food. The tender chicken, fluffy rice,

and smooth sauce create harmony in every bite. This dish is hearty enough for a family dinner yet simple enough for a quick weekday meal. It's proof that one-pan cooking doesn't have to sacrifice flavor or quality. With the right seasoning, a little patience, and a skillet, you'll have a creamy, flavorful masterpiece that everyone will love and request again and again.

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