Chicken Scampi with Garlic Parmesan Rice

Ingredients:

For the Chicken Scampi:
1 ½ pounds boneless, skinless chicken breasts (sliced into thin strips)
2 tablespoons olive oil
2 tablespoons butter
4 cloves garlic, minced
1 small red bell pepper, thinly sliced
1 small yellow bell pepper, thinly sliced
1 teaspoon Italian seasoning
¼ teaspoon crushed red pepper flakes (optional)
Salt and black pepper to taste
1 tablespoon fresh lemon juice
2 tablespoons chopped fresh parsley (for garnish)

For the Garlic Parmesan Rice:
1 tablespoon butter
2 cloves garlic, minced
1 cup long grain white rice
2 ¼ cups chicken broth (low-sodium preferred)
½ cup grated Parmesan cheese
Salt and pepper to taste
Fresh parsley (optional, for garnish)

Instructions:

Prepare the Garlic Parmesan Rice:

In a medium saucepan, melt 1 tablespoon butter over medium heat. Add minced garlic and sauté for 30 seconds until fragrant. Stir in the rice and toast it for 1–2 minutes.

Simmer the Rice:

Add chicken broth to the pan and bring to a boil. Reduce heat to low, cover, and simmer for about 18–20 minutes, or until the rice is tender and liquid is absorbed.

Finish the Rice:

Remove the pot from heat. Stir in grated Parmesan cheese and season with salt and pepper to taste. Keep covered and set aside.

Cook the Chicken:

While the rice cooks, heat olive oil and butter in a large skillet over medium-high heat. Add the chicken strips and season with salt, pepper, and Italian seasoning. Cook for about 4–5 minutes until golden brown and cooked through.

Add Garlic and Peppers:

Add the minced garlic, red and yellow bell peppers, and red pepper flakes (if using) to the skillet. Cook for another 3–4 minutes until the peppers are softened and garlic is fragrant.

Finish the Scampi:

Squeeze in the lemon juice and toss everything together. Taste and adjust seasoning if needed.

Serve:

Spoon the garlic Parmesan rice onto plates and top with the chicken scampi mixture. Garnish with chopped fresh parsley and extra Parmesan if desired. Serve hot!