

15-Minute Garlic Butter Chicken with Parmesan Cauliflower Rice

This **garlic butter chicken** with Parmesan cauliflower rice is a flavorful, delicious, and easy meal the entire family will love. When you taste the **garlic butter sauce for chicken**, you will be hooked for life! It's seriously so scrumptious!

Chicken is the go-to protein in our house. It's typically the cheapest to buy to feed a family, and it's one thing I don't have to fight the kids on eating. However, the same few chicken recipes get old after a while. There are a couple of family favorites that I'll always keep in rotation, like Pineapple Chicken, Crockpot Chicken and Dumplings, and Baked Sweet and Sour Chicken, but I love to try new recipes as frequently as possible.

This garlic butter chicken, which I typically make with cheesy cauliflower rice, is one of those recipes that makes your mouth water when you think about it. Cooking chicken breast in pan is so quick and easy too! With just a few ingredients, I'm able to make a flavorful dinner that the entire family loves.

For Ingredients And Complete Cooking Instructions Please Head On Over To Next Page Or Open button (>) and don't forget to SHARE with your Facebook friends

Garlic **Butter Chicken** with Parmesan **Cauliflower Rice** – Crispy, soft and SO delish! These thin **chicken** cutlets served with rich and **fragrant cauliflower rice** are just perfect for those busy weeknights Chicken meal when you want to come home to a delicious gluten-free, low carb, **Keto dinner**.

INGREDIENTS YOU NEED

The chicken

- 2 large **boneless and skinless chicken breasts** halved horizontally to make 4
- 1/2 cup fresh **Parmesan**, finely grated
- **Salt** and fresh cracked **black pepper**
- 2 large **cloves garlic**, grated
- 1 teaspoon **paprika**
- 1 teaspoon **Italian seasoning**
- 4 tablespoons **unsalted butter**, divided
- 1 head **cauliflower**, riced
- 1/2 cup **white onion**, chopped
- 2 large **cloves garlic**, minced
- 2 tablespoons **vegetable stock**
- Juice of one **lemon** (+ zest, if you like)
- **Red chili pepper flakes**, optional
- 1/4 cup fresh **parsley**, chopped

DIRECTIONS

The Chicken

1. To make this parmesan chicken Recipe: In a shallow plate, combine parmesan cheese, grated garlic, paprika, and Italian seasoning. Season the chicken breasts with salt and pepper; dredge in the parmesan mixture; shake off excess and set aside.

2. In a large skillet melt 2 tablespoons of butter over medium-high heat. Cook chicken breasts until golden on each side and cooked through – about 3-4 minutes for each side, depending on the thickness of your chicken breasts. Transfer to a plate.

The cauliflower rice

1. In the same pan, melt 2 tablespoons of butter. Fry the

garlic and onion for 1 minute until fragrant – be careful not to burn.

2. Add the **riced cauliflower** to the skillet and stir to mix everything together well and coat in melted butter. Cook, stirring regularly for 1 minute.

3. Stir in the 2 tablespoons vegetable stock, about half the parsley, and lemon zest (if using). Cook the cauliflower rice for one minute to reduce juices then add the lemon juice and a few sprinkles of leftover parmesan cheese, if you like.

4. Adjust seasoning as needed. Stir in the remaining parsley. Return chicken breasts over **cauliflower rice** and reheat quickly. Serve your parmesan chicken with fresh cracked black pepper, red chili pepper flakes, and more parmesan. Enjoy!