

Creamy Lemon Chicken Skillet with Spinach, Peas & Brown Rice

レモンクリームチキンとほうれん草、グリーンピースのブラウンライススキレット

Serves 4

Ingredients

Chicken

- 400 g boneless, skinless chicken thighs, cut into bite-sized pieces 鶏もも肉
- ½ tsp salt + pinch MSG 塩+MSG
- ¼ tsp black pepper 黒こしょう
- 1 T olive oil オリーブオイル

Rice & Vegetables

- 640 g cooked brown rice 玄米
- 150 g spinach leaves, roughly chopped ほうれん草
- 120 g frozen peas, thawed グリーンピース
- 75 g shimeji mushrooms, separated しめじ
- 120 g onion, finely chopped 玉ねぎ
- 10 g garlic (3 cloves), minced にんにく
- 1¼ tsp crushed red pepper flakes (optional) 赤唐辛子フレーク

Lemon Cream Sauce

- 300 ml chicken broth (½-strength stock) 鶏だし
- 120 g Oikos nonfat Greek yogurt オイコス無脂肪ヨーグルト
- Zest of 1 lemon レモンの皮
- 2 T lemon juice レモン果汁
- 2 T / 8 g parsley, chopped パセリ

Finish

- 30 g grated Parmesan cheese パルメザンチーズ
- Additional parsley for garnish パセリ

Instructions

Prepare the Chicken

1. Season the chicken.
 - Pat the chicken dry.
 - Season with salt + MSG and black pepper.
2. Heat the skillet.
 - Heat the **olive oil** in a large skillet over **medium-high heat**.
3. Brown the chicken.
 - Cook **3–4 minutes** without stirring excessively.
 - Turn and continue cooking until lightly browned and nearly cooked through.
 - Internal temperature should reach approximately 70°C.
4. Remove and reserve.
 - Transfer to a plate.
 - Cover loosely with foil.



Air Fryer Chicken Option

1. Preheat air fryer to **190°C** for **3–4 minutes**.
Arrange the chicken in a single layer.
2. Cook at **190°C** for **8–10 minutes**. Shake once halfway through cooking.
Reserve chicken and continue with the remainder of the recipe using the skillet.
3. Reduce skillet heat to **medium** and add **olive oil**.
 - Add the **onion** and cook approximately **3 minutes** until softened.
 - Add the **garlic** and **red pepper flakes**; cook **30–60 seconds** until fragrant.
 - Add the **mushrooms** and cook for approximately **2 minutes**.
4. Pour in the **chicken broth** and scrape up any browned bits from the bottom of the pan.
5. Stir in the cooked brown rice. Bring to a gentle **simmer** and cook **3–4 minutes** until the rice is heated through.
6. Add the **spinach** in batches. Stir until wilted.
7. Stir in the **peas**.
8. Place the **yogurt** in a small bowl. Add a few spoonfuls of the hot broth mixture to temper. Stir until smooth.
9. Reduce heat to **low** and stir in the **yogurt**. Do not boil after adding.
10. Add the **lemon zest, lemon juice, parsley** and **Parmesan**. Stir until incorporated.
11. Return the chicken to the skillet by nestling the chicken into the rice mixture.
12. Cover and cook **2–3 minutes** until heated through. Check doneness.
Chicken should reach 74°C.
13. Garnish and serve with additional **parsley**. Serve directly from the skillet.

Suggested Side Dishes

- Simple green salad with lemon vinaigrette
- Steamed green beans with toasted almonds
- Chilled cucumber salad

Nutrition

Per Serving

Kcal total: 520 | Protein: 37 g | Fat: 14 g | Sat Fat: 3 g | Carbs: 57 g | Sugars: 6 g | Fiber: 6 g | Sodium: 520 mg | Omega-3: 0.2 g

Entire Dish

Kcal total: 2,080 | Protein: 148 g | Fat: 56 g | Sat Fat: 12 g | Carbs: 228 g | Sugars: 24 g | Fiber: 24 g | Sodium: 2,080 mg | Omega-3: 0.8 g

Notes

- Using regular spinach instead of baby spinach works perfectly.
- Greek yogurt provides creaminess and additional protein while reducing calories compared with half-and-half.
- Tempering the yogurt prevents curdling.
- Shimeji mushrooms add umami and pair particularly well with lemon and Parmesan.

- Chicken thighs provide the best flavor and remain moist when reheated.
- Leftovers keep well for up to 3 days and make an excellent lunch.
- This is a complete one-skillet meal and requires no additional starch beyond the brown rice.