

My Go-To Grilled Chicken and Broccoli Bowls with Creamy Garlic Sauce

Why I Keep Coming Back to This Bowl



OVEN
425°F

TIME
15 mins

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

(Serves 4 | Prep Time: 15 mins | Cook Time: 20 mins
| Marinate: 30 mins or overnight)

For the Chicken: 2 lbs boneless, skinless chicken breasts or thighs 1 tbsp olive oil 1 tsp paprika 1/2 tsp garlic powder 1/4 tsp salt 1/4 tsp black pepper 1/4 tsp cayenne pepper (optional for heat) Juice of 1 lime:

For the Creamy Garlic Sauce: 1/2 cup mayonnaise 1/4 cup sour cream 2 cloves garlic, minced 1 tbsp lemon juice 1 tsp Dijon mustard 1/4 tsp salt 1/4 tsp black pepper:

For the Bowls: 1 lb broccoli florets, steamed or roasted 2 cups cooked rice or quinoa (I usually go with jasmine rice or tri-color quinoa) Lime wedges, for serving How I Make These Bowls (:

DIRECTIONS

1. Step-by-: Step)
2. Marinate the : Chicken
3. I start by tossing the chicken with olive oil, paprika, garlic powder, salt, pepper, and a squeeze of lime juice. If I'm going for heat, I throw in the cayenne too. You can marinate it for as little as 30 minutes, but I usually prep it in the morning and let it sit in the fridge until dinner. The longer it marinates, the more flavor it soaks in.
4. Fire : Up the Grill (or a Pan)
5. When it's time to cook, I grill the chicken over medium-high heat for about 5-7 minutes per side. You're looking for that golden-brown crust with some nice grill marks or charring. No grill? A cast iron skillet works beautifully. Once cooked through, I let it rest for 5 minutes before slicing into strips.
6. Make the : Creamy Garlic Sauce
7. This sauce is magic. In a bowl, I whisk together mayonnaise, sour cream, minced garlic, lemon juice, Dijon mustard, salt, and pepper. It's creamy, punchy, and just the right balance to the smoky chicken and earthy broccoli. If you want a lighter version, swap in Greek yogurt for the mayo or sour cream-but honestly, the full version is worth it.
8. Cook : Your Grains and Broccoli
9. I usually go with fluffy jasmine rice or nutty quinoa, depending on the mood. Both work really well here. For the broccoli, I either steam it for 5-6 minutes or roast it at 425°F for about 15 minutes with a little olive oil and salt until it's crisp-tender and slightly caramelized.

10. Assemble and : Serve
11. Time to build! I divide the rice or quinoa into bowls, layer on the broccoli, and top with sliced grilled chicken. Then I drizzle everything with that creamy garlic sauce and serve lime wedges on the side for a fresh hit of citrus.
12. Sometimes I sprinkle a little extra paprika or chili flakes over the top for color and kick.
13. Tips and : Twists I Love
14. Meal prep dream
15. : I grill extra chicken and make a double batch of the sauce. Everything keeps well for 3-4 days, and I can mix and match with whatever grains or veggies I have on hand.
16. Low-carb version
17. : Swap the rice for cauliflower rice or skip the grain entirely. The chicken and broccoli with the sauce are filling on their own.
18. Add crunch
19. : I sometimes top the bowls with chopped almonds, sunflower seeds, or crispy chickpeas for texture.
20. : Throw in shredded carrots, sliced cucumbers, or cherry tomatoes if you want more variety in the bowl.
21. What I : Serve With It
22. Honestly, these bowls are a meal in themselves. But if I'm serving for guests or want to bulk it up a bit, here's what I might add:
23. A side of warm pita or naan bread
24. A quick cucumber-yogurt salad
25. Iced green tea or sparkling water with lime

SWAPS & NOTES

-tender grilled chicken, roasted or steamed broccoli for that wholesome crunch, and a creamy garlic sauce that pulls everything together with tangy, savory richness.

It's fast, flexible, and easy to customize depending on what you have on hand or how healthy you want to keep it.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/my-go-to-grilled-chicken-and-broccoli-bowls-with-creamy-garlic-sauce/>

Let me show you exactly how I make it and why this recipe keeps making its way back onto my weekly rotation.

Why I Keep Coming Back to This Bowl There are a few things I look for in a reliable weeknight recipe: flavor, ease, and versatility.