

Grilled Chicken & Broccoli Bowls with Creamy Garlic Sauce: A Protein-Packed Favorite

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OVEN
425°F

TIME
20 min

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INGREDIENTS

For the Chicken: 2 lbs boneless, skinless chicken breasts or thighs 1 tablespoon olive oil 1 teaspoon paprika $\frac{1}{2}$ teaspoon garlic powder ... teaspoon salt ... teaspoon black pepper ... teaspoon cayenne pepper (optional) Juice of 1 lime:

For the Creamy Garlic Sauce: $\frac{1}{2}$ cup mayonnaise ... cup sour cream 2 cloves garlic, minced 1 tablespoon lemon juice 1 teaspoon Dijon mustard ... teaspoon salt ... teaspoon black pepper:

For the Bowls: 1 pound broccoli florets, steamed or roasted 2 cups cooked rice or quinoa Lime wedges, for serving:

DIRECTIONS

1. Marinate the : Chicken
2. In a bowl, whisk together olive oil, paprika, garlic powder, salt, black pepper, cayenne (if using), and lime juice. Add chicken and coat well. Let it marinate for 15-20 minutes while you prep everything else.
3. Make the : Creamy Garlic Sauce
4. In a small bowl, stir together mayo, sour cream, minced garlic, lemon juice, Dijon, salt, and pepper until smooth. Taste and adjust to your liking. Chill in the fridge while you grill.
5. Grill the : Chicken
6. Preheat your grill or grill pan to medium-high heat. Grill chicken 6-7 minutes per side or until fully cooked and beautifully charred. Let rest for a few minutes, then slice.
7. Steam or : Roast the Broccoli
8. Steam broccoli in a pot or microwave until just tender, or roast it at 425°F with olive oil and salt for about 20 minutes if you prefer crisp edges.
9. Build : Your Bowls
10. Divide rice or quinoa among bowls. Top with broccoli, sliced chicken, and a generous drizzle of creamy garlic sauce. Serve with lime wedges on the side.

SWAPS & NOTES

-juicy, marinated chicken, tender-crisp broccoli, fluffy grains, and a bold garlic sauce that brings it all together.

This is weeknight cooking with flavor that feels like a

restaurant-level win.

Why I Love This Recipe There's nothing better than a meal that checks all the boxes: high in protein, customizable, easy to prep ahead, and delicious enough that you actually look forward to

leftovers.

The creamy garlic sauce brings a punch of flavor that ties everything together, while the grilled chicken adds smoky depth.

TIPS FOR SUCCESS

For juicy chicken , don't skip the resting time after grilling-it helps lock in flavor.

Make extra garlic sauce and use it as a dip for veggies or as a spread in wraps.

To keep broccoli bright green when steaming, plunge it in ice water right after cooking.

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

Original recipe: <https://chefmaniac.com/grilled-chicken-broccoli-bowls-with-creamy-garlic-sauce-a-protein-packed-favorite/>