

## Healthy Banh Mi Bowls with Grilled Chicken and Fresh Veggies

? Why I Love This Banh Mi Bowl



**TIME**  
**10 min**

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**ChefManiac**

### INGREDIENTS

- ? 2 grilled chicken breasts, sliced thin
- ? % cucumber, julienned
- ? 1 carrot, julienned
- ? Fresh cilantro leaves (a handful)
- ? 2 tablespoons soy sauce
- ? Juice of 1 lime
- ? 1 small baguette, sliced and lightly toasted (optional)
- ? Salt and pepper to taste

### DIRECTIONS

1. Grill chicken (or use leftover cooked chicken) and slice it thinly.
2. In a bowl, toss julienned cucumber, carrot, and cilantro with soy sauce, lime juice, salt, and pepper.
3. Assemble bowls: Layer sliced grilled chicken with the marinated veggies and herbs.
4. Serve with baguette slices on the side, or crumble a few over top for crunch.
5. Optional: Drizzle with a bit of extra lime juice or a dab of sriracha for heat.

### SWAPS & NOTES

A light starter like Baked Brie Appetizer for a hint of creamy contrast.

End with a small treat like Chocolate Chip Cookie Bites or No-Bake Monster Cookie Energy Balls .

These bowls pair surprisingly well with This One Pan Breakfast Bake to round out the table. ?

### TIPS FOR SUCCESS

Use a mandoline or peeler to get thin, uniform veggie strips.

Chill the veggies briefly after tossing for extra crunch.

If grilling chicken fresh, marinate briefly in soy sauce, garlic, and a splash of lime for extra depth.

Toast baguette slices just before serving for best texture. ?

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

Original recipe: <https://chefmaniac.com/healthy-banh-mi-bowls-with-grilled-chicken-and-fresh-veggies/>