

## Grilled Chicken & Broccoli Bowls with Creamy Garlic Sauce

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**TIME**  
**30 min**

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### INGREDIENTS

For the chicken:

2 pounds boneless, skinless chicken breasts or thighs

1 tablespoon olive oil

1 teaspoon paprika

1/2 teaspoon garlic powder

1/4 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon cayenne pepper, optional

1 lime, juiced

For the creamy garlic sauce:

1/2 cup mayonnaise

1/4 cup sour cream

2 cloves garlic, minced

1 tablespoon lemon juice

1 teaspoon Dijon mustard

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: In a large bowl, combine the chicken, olive oil, paprika, garlic powder, salt, black pepper, and cayenne pepper if using.
2. Add the lime juice and toss well to coat.
3. Let the chicken marinate for at least 30 minutes, or up to 24 hours if prepping ahead.
4. Cook the chicken: Grill or pan-fry the chicken over medium-high heat for about 5 to 7 minutes per side, until cooked through and lightly charred.
5. Let the chicken rest for a few minutes, then slice it.
6. Make the creamy garlic sauce: In a small bowl, whisk together the mayonnaise, sour cream, garlic, lemon juice, Dijon mustard, salt, and black pepper until smooth.
7. Prepare the bowl base: Divide the cooked rice or quinoa between serving bowls.
8. Add the toppings: Top each bowl with broccoli and sliced chicken.
9. Finish and serve: Drizzle the creamy garlic sauce over the bowls and serve with lime wedges on the side.

### SWAPS & NOTES

Chicken thighs will give you a slightly juicier, richer result, while chicken breasts stay lean and slice beautifully for bowls.

Rice makes the bowls feel classic and comforting, while quinoa adds a little more texture and a slightly nuttier flavor.

The cayenne is optional, but it adds a gentle heat that works nicely with the creamy sauce.

If you prefer a milder bowl, it is easy to leave out.

## TIPS FOR SUCCESS

Let the chicken rest before slicing so it stays juicy.

If you are meal prepping, keep the sauce separate until serving so the bowls stay fresh and the rice and broccoli do not get soggy.

Roasting the broccoli instead of steaming it can add even more flavor, especially if you like a little caramelization and crispness.

A tiny extra squeeze of lemon or pinch of salt can brighten it even more if needed.

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