

This 30-Minute One-Pot Chicken Bowl Is the Healthy Dinner You'll Actually Crave

This recipe serves 4 and requires about 15 minutes of prep time and 30 minutes of cook time.



TIME
15 min

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INGREDIENTS

- 1 lb of chicken breast (or tofu for a vegetarian option)
- 2 cups of mixed vegetables (carrots, bell peppers, broccoli)
- 1 cup of quinoa or brown rice
- 3 cups of vegetable or chicken broth
- 2 tablespoons of olive oil
- 3 cloves of garlic, minced
- 1 tablespoon of fresh ginger, grated
- 2 tablespoons of soy sauce
- Salt and pepper to taste
- Fresh herbs for garnish (cilantro or parsley)

DIRECTIONS

- 1.** Prepare the : Ingredients: Start by chopping the chicken (or tofu) into bite-sized pieces and dicing the vegetables. This ensures even cooking and makes the dish visually appealing.
- 2.** Cook the : Quinoa or Rice: In a separate pot, bring the broth to a boil and add the quinoa or rice. Reduce the heat, cover, and let it simmer until cooked through, about 15-20 minutes.
- 3.** SautØ the Aromatics: In a large pot, heat the olive oil over medium heat. Add the minced garlic and grated ginger, sautØing until fragrant, about 1-2 minutes. This step is crucial for building flavor.
- 4.** Add the : Protein and Vegetables: Toss in the chicken (or tofu) and cook until browned. Then, add the mixed vegetables and stir-fry for about 5-7 minutes until they are tender yet crisp.
- 5.** Combine : Everything: Once the protein is cooked through, add the cooked quinoa or rice to the pot. Pour in the soy sauce, season with salt and pepper, and mix everything well. Let it cook for an additional 5 minutes to allow the flavors to meld.
- 6.** Garnish and : Serve: Remove from heat, garnish with fresh herbs, and serve hot. Enjoy your bowlful of dinner!

TIPS FOR SUCCESS

Meal Prep: Consider making a larger batch and storing leftovers in the fridge for quick lunches throughout the week.

Spice It Up: If you enjoy heat, add some red pepper flakes or a dash of sriracha to the mix for an extra kick.

Seasonal Variations: Use seasonal vegetables to keep the dish fresh and exciting.

In the fall, try adding butternut squash; in the summer, zucchini works wonderfully.

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

Original recipe: <https://chefmaniac.com/this-30-minute-one-pot-chicken-bowl-is-the-healthy-dinner-youll-actually-crave/>