Prep time: 15 minutes
Cook time: 20 minutes
Total time: 35 minutes
Intensity Level: Easy to Moderate (Requires basic knife skills and stovetop monitoring)
Servings: 4

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Introduction

This Grilled Chicken & Broccoli Bowl is the ultimate balance of health and indulgence. We are taking lean, protein-rich chicken breasts and pairing them with nutrient-dense broccoli. The star of the show, however, is the Creamy Garlic Sauce. By using a secret ingredient (Greek yogurt or cashews), we achieve a rich, velvety texture without the heavy calories of traditional cream sauces. This bowl is gluten-free, low-carb friendly, and bursting with savory,

garlicky flavor.

Ingredients

For the Chicken & Broccoli

- 2 large boneless, skinless chicken breasts (approx. 1 lb / 450g)
- 1 large head of broccoli, cut into florets (approx. 4 cups)
- 2 tbsp olive oil (divided)
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp onion powder
- Salt and black pepper to taste
- 1 tbsp fresh lemon juice

For the Creamy Garlic Sauce

- 1/2 cup plain Greek yogurt (2% or whole milk for best texture) *or* soaked raw cashews for a dairy-free option
- 3 cloves garlic, minced (adjust to taste)
- 1 tbsp lemon juice
- 1 tbsp Dijon mustard
- 2 tbsp grated Parmesan cheese (optional, but recommended)
- 2-3 tbsp water or unsweetened almond milk (to thin the sauce)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp fresh chives or parsley, chopped (for garnish)

Equipment Needed

- Grill pan or outdoor grill
- Large pot with steamer basket
- Small mixing bowl
- Whisk
- Meat thermometer (recommended)

Instructions

Step 1: Prepare the Chicken (Time: 5 mins | Intensity: Low)

1. Pat the chicken breasts dry with paper towels. This ensures a good sear.
2. If the breasts are thick, slice them horizontally to create thinner cutlets (this helps them cook evenly and quickly).
3. In a small bowl, mix 1 tbsp olive oil, smoked paprika, garlic powder, onion powder, salt, and pepper.

4. Rub this spice mixture generously over both sides of the chicken breasts. Let them sit at room temperature while you prep the broccoli.

Step 2: Steam the Broccoli (Time: 5 mins | Intensity: Low)

1. Fill a large pot with about an inch of water and bring to a boil.

2. Place the broccoli florets in a steamer basket and set it over the boiling water.

3. Cover and steam for 4-5 minutes.

4. Intensity Check: You want the broccoli to be “tender-crisp” (bright green and slightly firm). Do not overcook, or it will become mushy.

5. Once done, remove from heat, transfer to a bowl, and toss with the remaining 1 tbsp olive oil and a pinch of salt. Set aside.

Step 3: Grill the Chicken (Time: 10-12 mins | Intensity: Moderate)

1. Heat your grill pan over medium-high heat (or preheat an outdoor grill to 400°F/200°C).

2. Once the pan is hot, add the chicken breasts. You should hear a sizzle.

3. Grill for 5-6 minutes per side.

4. Intensity Check: Do not move the chicken while it is searing; this builds the flavorful crust. Flip only once.

5. The chicken is done when the internal temperature reaches 165°F (74°C) .

6. Transfer the chicken to a cutting board and let it rest for 5 minutes. This is crucial for retaining juices. After resting, slice the chicken against the grain into strips.

Step 4: Make the Creamy Garlic Sauce (Time: 5 mins | Intensity: Low)

1. While the chicken cooks, prepare the sauce.

2. In a small bowl, whisk together the Greek yogurt (or blended cashews), minced garlic, lemon juice, Dijon mustard, and Parmesan cheese.

3. Whisk until smooth. If the mixture is too thick, add water or almond milk 1 tablespoon at a time until you reach a pourable but creamy consistency.

4. Stir in the salt, pepper, and fresh herbs. Taste and adjust lemon juice or salt as needed.

Step 5: Assemble the Bowls (Time: 3 mins | Intensity: Low)

1. Divide the steamed broccoli evenly among four bowls.

2. Top with the sliced grilled chicken.

3. Drizzle the creamy garlic sauce generously over the chicken and broccoli.

4. Garnish with extra black pepper or fresh herbs.

Pro Tips for Success

- Meal Prep: This recipe stores beautifully. Keep the sauce separate from the hot ingredients to prevent separation. The bowls will keep in the fridge for up to 4 days.

- Sauce Consistency: If using Greek yogurt, ensure it is full-fat or 2% for the best texture. Fat-free yogurt tends to curdle when heated (though this sauce is served cold or at room temperature, it still affects texture).

- Intensity Note: If you prefer a charred flavor, increase the grill heat to high for the first 2 minutes per side, then reduce to medium to finish cooking.

Nutrition Information (Per Serving)

Disclaimer: Nutritional values are estimates and will vary based on exact ingredients and portion sizes.

- Calories: 310 kcal
- Protein: 38g
- Carbohydrates: 10g
- Dietary Fiber: 3g
- Sugars: 4g
- Fat: 13g
- Saturated Fat: 3g
- Cholesterol: 85mg
- Sodium: 480mg