Prep	15 Minutes	Medium	Chopping broccoli, pounding chicken, measuring spices.
Cook (Rice/Quinoa)	20 Minutes	Low	Passive simmering; occasional checks.
Cook (Chicken)	10–12 Minutes	High	Grilling requires focus to prevent burning and ensure even sear.
Cook (Broccoli)	5 Minutes	Low	Steaming; minimal attention needed.
Sauce Assembly	5 Minutes	Medium	Whisking constantly to emulsify the sauce.
Plating	3 Minutes	Low	Assembling the bowls.

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□ Ingredients

For the Bowls:

- 1.5 lbs (680g) Boneless, Skinless Chicken Breasts (about 4 breasts)
- 4 cups Broccoli Florets (fresh, cut into bite-sized pieces)
- 1 cup Uncooked Quinoa or Brown Rice (or 3 cups cooked grains)
- 2 tbsp Olive Oil
- 1 tsp Smoked Paprika
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- Salt and Black Pepper to taste
- Optional Garnish: Sesame seeds, fresh parsley, or red pepper flakes.

For the Creamy Garlic Sauce:

- 1/2 cup Plain Greek Yogurt (2% or whole milk for creaminess)
- 1/4 cup Mayonnaise (or additional Greek yogurt for a lighter version)

- 1 tbsp Lemon Juice (freshly squeezed)
- 1–2 cloves Garlic (finely minced or grated)
- 1 tsp Dijon Mustard
- 1 tbsp Fresh Dill or Parsley (chopped)
- 1–2 tbsp Water (to thin the sauce to desired consistency)
- Pinch of Salt and Black Pepper

□□ Instructions

Step 1: Prepare the Grains (Time: 20 mins | Intensity: Low)

Rinse your quinoa or rice under cold water. Cook according to package instructions (usually 1 part grain to 2 parts water). Once cooked, fluff with a fork and set aside. *Tip: If using quinoa, add a pinch of salt and a squeeze of lemon juice to the water for extra flavor.*

Step 2: Prep the Chicken (Time: 5 mins | Intensity: Medium)

Pat the chicken breasts dry with paper towels. To ensure even cooking, place the chicken between two sheets of plastic wrap and pound lightly with a meat mallet or rolling pin until they are an even thickness (about 3/4 inch). Drizzle with 1 tablespoon of olive oil and season generously on both sides with smoked paprika, garlic powder, onion powder, salt, and

pepper.

Step 3: Grill the Chicken (Time: 10–12 mins | Intensity: High)

Heat a grill pan or outdoor grill over medium-high heat. Add the remaining olive oil to the pan.
Place the chicken on the hot grill. Cook for 5–6 minutes per side without moving it, allowing a nice char to develop. The internal temperature should reach 165°F (74°C) .
Important: Once cooked, transfer the chicken to a cutting board and let it rest for 5 minutes before slicing. This keeps the juices inside the meat rather than on the cutting board.

Step 4: Steam the Broccoli (Time: 5 mins | Intensity: Low)

While the chicken rests, bring a pot of water to a boil (or use a steamer basket). Add the broccoli florets and steam for 3–4 minutes until bright green and tender-crisp. Do not overcook; you want them to retain a slight bite. Drain immediately.

Step 5: Whisk the Creamy Garlic Sauce (Time: 5 mins | Intensity: Medium)

In a medium bowl, combine the Greek yogurt, mayonnaise, fresh lemon juice, minced garlic, Dijon mustard, and chopped herbs. Whisk until smooth. If the sauce is too thick, add water one teaspoon at a time until it reaches a pourable but creamy consistency. Taste and adjust salt and pepper as needed.

Step 6: Assemble the Bowls (Time: 3 mins | Intensity: Low)

Divide the cooked quinoa/rice among four bowls. Top with the steamed broccoli and sliced grilled chicken. Drizzle generously with the creamy garlic sauce.

Step 7: Garnish and Serve

Sprinkle with sesame seeds or extra fresh herbs. Serve immediately.

Nutrition Information

Disclaimer: Nutritional information is calculated per serving (1 bowl with chicken, broccoli, quinoa, and sauce) using standard ingredients. Values are estimates and may vary based on specific brands and portion sizes.

- Calories: 485 kcal
- Protein: 42g
- Carbohydrates: 32g
- Dietary Fiber: 6g
- Sugars: 3g
- Fat: 20g (Saturated Fat: 3.5g)
- Cholesterol: 95mg
- Sodium: 450mg

- Potassium: 850mg