

# Grilled Chicken & Broccoli Bowls with Creamy Garlic Sauce



## Instructions:

### Prepare the Chicken:

In a large bowl, combine the chicken, olive oil, paprika, garlic powder, salt, pepper, and cayenne pepper (if using). Add the lime juice and toss to coat. *Let the chicken marinate for at least 30 minutes, or up to 24 hours.*

**Cook the Chicken:** Grill or pan-fry the chicken until cooked through and slightly charred, about 5-7 minutes per side. Let the chicken rest for a few minutes before slicing.

**Make the Creamy Garlic Sauce:** In a small bowl, whisk together the mayonnaise, sour cream, garlic, lemon juice, Dijon mustard, salt, and pepper.

**Assemble the Bowls:** Divide the rice or quinoa between two bowls. Top with the steamed broccoli and sliced chicken. Drizzle with the Creamy Garlic Sauce. Serve with lime wedges.

**Tips:** For a spicier dish, add more cayenne pepper to the chicken seasoning. You can use any type of cooked grain you like, such as brown rice or quinoa. Serve the bowls with your favorite toppings, such as avocado, shredded cheese, or a dollop of sour cream.

## Ingredients:

### For the Chicken:

2 lbs. 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 of mayonnaise  
1/4 cup of sour cream  
2 cloves garlic, minced  
1 tablespoon lemon juice  
1 teaspoon Dijon mustard  
1/4 teaspoon salt  
1/4 teaspoon black pepper

### For the Bowls:

1 pound broccoli florets, steamed or roasted  
2 cups of cooked rice or quinoa  
Lime wedges, for serving