

# HONEY GARLIC CHICKEN BOWLS



Serves 4



## INGREDIENTS

- 4 chicken breast
- 1.5 heads of broccoli
- 3-4 radishes; optional
- 2 cups of quinoa or brown rice; cooked
- 1 tbs sesame oil
- 2 tbs honey
- salt, pepper garlic powder

## INGREDIENTS

- Add 1/2 cup quinoa or rice to bowl.
- Add about 1/2 cup broccoli then 3.5-4.5oz of chicken. Garnish with radishes!
- Repeat 3 more bowls!

## DIRECTIONS

1. Cook quinoa or rice according to package directions.
2. Cut chicken into bite size pieces' and place in a bowl. Season with salt, pepper, garlic powder, and honey. Let rest while you cook the broccoli.
3. Cut the broccoli into bite size pieces'. In a sauté pan, add sesame oil on medium heat. Add broccoli to pan and let cook. Once broccoli starts to brown, season with salt pepper and garlic powder. Then add a splash of water and cover with lid. Let cook for about 5-8 minutes. Cut radishes into round bites, set aside.
4. Remove broccoli and wipe pan down with a paper towel.
5. Add the chicken and cook until done.

## notes

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