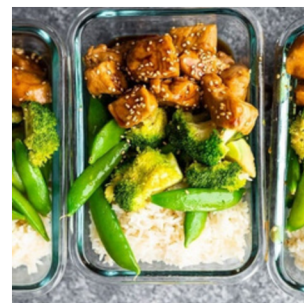


Honey Sesame Chicken Lunch Bowls

These Honey Sesame Chicken Lunch Bowls have chicken breast, broccoli and asparagus tossed in a sweet and savory honey sesame stir fry sauce. Perfect for healthy meal prep lunches!



Prep Time 10 mins	Cook Time 20 mins	Total Time 30 mins
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Course: Lunch Cuisine: Chinese Servings: 4 Calories: 483kcal

Ingredients

Honey Sesame Sauce:

- ¼ cup chicken stock or water
- ¼ cup reduced sodium soy sauce
- ¼ cup honey (or maple syrup)
- 1 tablespoon sesame oil
- ½ teaspoon red pepper flakes
- 1 teaspoon cornstarch



Chicken Lunch Bowls:

- ¾ cup rice (uncooked; or roughly 2 cups cooked)
- 2 tablespoons olive oil (divided)
- 3 cups broccoli (chopped into small pieces)
- 3 cups snap peas (ends trimmed)
- 2 large chicken breasts (cut into 1 inch cubes)
- salt & pepper
- sesame seeds (garnish)

Instructions

1. Shake together all honey sesame sauce ingredients and set aside.
2. Cook rice according to package instructions. Divide between 4 storage containers.
3. Heat 1 tablespoon olive oil in a large pan. Add broccoli and snap peas. Cook for 5-7 minutes, until bright green and tender. Add to the rice in the storage containers.
4. Add remaining 1 tablespoon olive oil to pan. Add the chicken to the pan. Season with salt and pepper, and red pepper flakes (if desired). Cook for 7-10 minutes, until cooked through.
5. Add the sauce to the pan and simmer for 2 minutes, until thickened.
6. Add the chicken to the lunch containers and drizzle with sauce. Garnish with sesame seeds if desired.
7. Store in the fridge for up to 4 days. Reheat to serve.

Notes

* If you are looking for ways to lighten this recipe up, try halving the sauce or swap part of the rice for cauliflower rice

Nutrition

Serving: 1 bowl | Calories: 483kcal | Carbohydrates: 58g | Protein: 32g | Fat: 14g | Saturated Fat: 2g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 8g | Trans Fat: 1g | Cholesterol: 73mg | Sodium: 716mg | Potassium: 881mg | Fiber: 4g | Sugar: 22g | Vitamin A: 1333IU | Vitamin C: 106mg | Calcium: 84mg | Iron: 3mg

