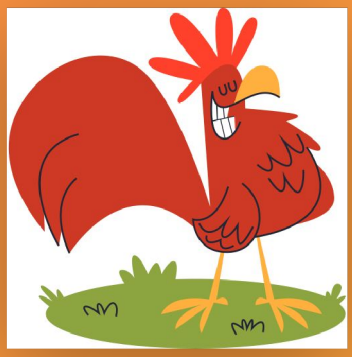
MINICHEF RECIPES

by Noah - Healthy & Fun Cooking for Kids



Ginger Chicken Bowl

A Flavor Adventure in Every Bite 🥢 Protein-Rich Asian Bowl

Perfect for Breakfast or Lunch

PREP TIME	COOK TIME	SERVINGS	CALORIES
10 min	15 min	2 bowls	320 kcal

🛒 Ingredients

- **1 cup** Cooked jasmine or brown rice
- **½ cup** Cooked chicken breast (shredded)
- **¼ cup** Steamed edamame
- **¼ cup** Shredded carrots

- **2 tbsp** Mild ginger sauce
- **1 tsp** Low-sodium soy sauce (optional)
- **½ tsp** Sesame oil (optional)
- **Garnish** Sesame seeds & green onions

Directions

1. **Warm the base:** Reheat your cooked rice and chicken in the microwave or on the stovetop until warm and fluffy.
2. **Steam the veggies:** Lightly steam the edamame and carrots until tender but still vibrant (about 3-4 minutes).
3. **Sauce it up:** In a small pan, warm the ginger sauce with soy sauce and sesame oil. Toss the chicken pieces to coat them evenly.
4. **Assemble the bowl:** Layer the warm rice as the base, then add the ginger-glazed chicken, steamed edamame, and shredded carrots on top.
5. **Top & serve:** Sprinkle with sesame seeds and add optional toppings like sliced green onions or cucumber. Serve immediately and enjoy!

Nutrition Info

PROTEIN	CARBS
22g	30g

FIBER	FAT
4g	8g

Pro Tips

- Store components separately for up to 3 days in the fridge
- Perfect for lunchboxes - pack sauce separately!
- Make it veggie by swapping chicken for tofu

Add mango chunks for a fruity twist!