High Protein Chicken Meal Prep

Serves 4 | Difficulty: Easy | Prep 15 min | Cook 25 min



INGREDIENTS

1 1/2 lb (680 g) boneless skinless chicken breast
1 tbsp (15 ml) olive oil
1/2 tsp (3 g) fine salt
1/4 tsp (0.5 g) black pepper
1 cup (170 g) dry quinoa, rinsed
2 cups (480 ml) water
1 can (15 oz / 425 g) chickpeas, drained
2 cups (180 g) broccoli
2 tbsp (30 ml) lemon juice
1 tsp (1 g) dried oregano

METHOD

1. Simmer quinoa in water, covered, 15 minutes; rest covered 5 minutes.
2. Cut chicken into 1-inch cubes and season with salt, pepper and oregano.
3. Sauté in oil over medium-high heat 8-12 minutes until all pieces reach 165°F (74°C).
4. Steam broccoli 5 minutes.
5. Divide quinoa, chicken, chickpeas and broccoli among four bowls; add lemon juice.
6. Chill promptly for packed lunches.

Storage & reheating

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Previously cooked ingredients retain their original storage deadline. Reheat cooked chicken and cooked sides to 165°F (74°C). Use an oven for breaded chicken; warm sauces gently. Add fresh toppings after reheating.