

30 minute thai peanut chicken meal prep

★ ★ ★ ★ ★

5 from 2 reviews

Author: Maggie

Prep Time: 10

Cook Time: 20

Total Time: 30 minutes

Yield: 5-6 1x



DESCRIPTION

Have your meal prep complete in under 30 minutes with these Thai Peanut Chicken Meal Prep Bowls. The thai peanut sauce brings a harmonious flavor to the dish without adding any processed ingredients. Quick, easy, gluten and dairy free.

INGREDIENTS

SCALE

1x

2x

3x

THAI PEANUT SAUCE

- 1/4 cup +1 tbsp **peanut butter**
- 1/4 cup **low sodium soy sauce** (if GF sub coconut aminos or tamari)
- 1/2 cup **water**
- 1 tbsp **rice vinegar**
- 2 tbsp **honey**
- 1 tsp **garlic powder**

CHICKEN MEAL PREP BOWLS

- 3–4 large **chicken breasts**
- 2 tbsp **oil** (I used avocado, extra virgin olive oil is ok too)
- 4 **bell peppers** (or 8 oz mini bell peppers)
- 1 cup uncooked **quinoa**

Toppings could include: **crushed peanuts, scallions, cilantro, lime**

Add ins could include: **edamame, cabbage, shredded carrots.**

INSTRUCTIONS

1. Preheat oven to 450F.
2. Cook quinoa according to package instructions
3. Cut up bell peppers into thin slices and arrange on top of chicken breasts and chicken. Cover with foil and bake for 15 minutes. Remove foil and place on top of chicken. Cook until chicken is done. Remove chicken and place on top of quinoa. The thickness of chicken breasts.
4. While the chicken and peppers are cooking, make the thai peanut sauce together. The peanut sauce will be a bit watery, that's ok.
5. Arrange 5 meal prep containers, scoop out 1/2 cup quinoa into each container. Place chicken on top of quinoa. Evenly disperse the chicken, you might have some leftover for another serving. Evenly disperse the chicken, you might have some leftover for another serving. Evenly disperse the chicken, you might have some leftover for another serving.



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Serves 6

Serving Size: 1 container

Calories Per Serving: **513**

% DAILY VALUE			
Total Fat 17.1g	22%	Cholesterol 68.9mg	23%
Sodium 432.3mg	19%	Total Carbohydrate 55.7g	20%
Dietary Fiber 6g	22%	Sugars 7.7g	
Protein 34.9g	70%	Vitamin A 38.9µg	4%
Vitamin C 24.2mg	27%	Iron 4.1mg	23%

Keywords: Thai Peanut Chicken Meal Prep Bowls

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