

# Bang Bang Chicken Rice Bowl

Bang Bang Chicken Rice Bowl is a dish that brings together bold flavors, fresh textures, and ultimate convenience. With tender chicken, vibrant vegetables, fluffy rice, and a creamy, spicy-sweet sauce, this bowl is the definition of comfort food with a kick. It's quick to prepare, customizable to your tastes, and healthy enough for weekday dinners. Whether you're looking for a family-friendly meal or an easy lunch prep option, this recipe has everything you need in one satisfying bowl.

## Why Bang Bang Chicken Bowls Stand Out

### A Balance of Bold Flavors

This dish is known for its sauce, which blends mayonnaise, sriracha, honey, garlic powder, and lime juice into something creamy, spicy, and slightly sweet. When paired with chicken, rice, and vegetables, every bite is balanced and exciting. Unlike bland takeout options, these bowls give you restaurant-quality flavor right at home. The combination of heat, sweetness, and tang is addictive, making it a dish you'll crave again and again.

### Convenience Meets Nutrition

Not only is this bowl tasty, but it's also nourishing. Chicken provides lean protein, rice adds hearty carbohydrates, and vegetables bring fiber and vitamins. Cooking everything in one skillet keeps prep simple, while the sauce ties all the components together. This is a recipe that fits perfectly into busy lifestyles, offering both flavor and balanced nutrition without requiring hours in the kitchen. That combination is why it's such a popular choice for weeknights.

Bang Bang Chicken Rice Bowl

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### Description

A flavorful rice bowl with tender chicken, crisp vegetables, fluffy rice, and creamy-spicy bang bang sauce.

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## Ingredients

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- ☐ 1 lb boneless, skinless chicken breast
  - ☐ 1 cup cooked rice (white, brown, or cauliflower)
  - ☐ 1 cup mixed vegetables (broccoli, bell peppers, carrots)
  - ☐ 2 tablespoons olive oil
  - ☐ Salt and pepper to taste
  - ☐ 1/2 cup mayonnaise
  - ☐ 2 tablespoons sriracha
  - ☐ 1 tablespoon honey
  - ☐ 1 teaspoon garlic powder
  - ☐ 1 teaspoon lime juice
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## Instructions

1. Cook rice according to package directions. Keep warm.
2. Cut chicken into bite-sized cubes and season with salt and pepper.
3. Heat olive oil in a skillet. Sauté chicken 6–8 minutes until golden and cooked through (165°F internal temperature).
4. Mix mayonnaise, sriracha, honey, garlic powder, and lime juice in a bowl for sauce.
5. Add vegetables to the skillet and cook 2–3 minutes until crisp-tender.
6. Pour sauce over chicken and vegetables, stirring to coat.
7. Assemble bowls with rice, chicken, vegetables, and sauce. Garnish with green onions, sesame seeds, or extra sriracha.

## Notes

Use Greek yogurt instead of mayonnaise for a lighter sauce. Store components separately for meal prep. Best served at room temperature for maximum flavor.

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## Key Ingredients You'll Need

### The Core Components

The base of this recipe is straightforward: chicken breast, rice, and a mix of colorful vegetables. Boneless, skinless chicken breast cooks quickly and remains tender when cut into bite-sized pieces. Rice acts as the hearty foundation—whether you choose white, brown, or cauliflower rice. A mix of broccoli, bell peppers, and carrots adds crunch, color, and nutrition. Together, these ingredients form a balanced bowl that satisfies hunger while delivering a variety of flavors and textures.

### The Signature Sauce

The sauce makes this dish unforgettable. Mayonnaise provides creaminess, while sriracha delivers spice. Honey adds sweetness, garlic powder deepens the flavor, and lime juice brightens everything with acidity. The result is a well-rounded sauce that coats chicken and vegetables beautifully. It's versatile, too—you can adjust the spice level by increasing or decreasing the sriracha, or lighten the sauce with Greek yogurt instead of mayonnaise. No matter how you tweak it, this sauce is the highlight of the dish.

## Preparing the Chicken and Rice

### Cooking the Rice

Start with the rice, since it takes the most time. Cook according to package directions, whether you're using white, brown, or cauliflower rice. For added flavor, use chicken broth instead of water. Once done, fluff with a fork and keep warm. Rice cookers simplify this step, ensuring consistent results every time. A well-cooked rice base is essential for soaking up the bang bang sauce and creating the hearty foundation for the rest of the bowl.

### Cooking the Chicken

While the rice cooks, cut chicken into bite-sized cubes and season generously with salt and pepper. Heat olive oil in a skillet over medium-high heat and sauté the chicken until golden brown and cooked through, about 6–8 minutes. The chicken is done when it reaches 165°F internally. Cutting it into smaller pieces ensures even cooking and more surface area to soak up the sauce later. Perfectly cooked chicken is the backbone of this delicious bowl.

# Mixing the Bang Bang Sauce

## Creating the Sauce

The sauce is quick to make but essential to the dish's flavor. In a small bowl, whisk together mayonnaise, sriracha, honey, garlic powder, and lime juice until smooth. Taste and adjust—add more sriracha for heat, honey for sweetness, or lime juice for brightness. The sauce should taste balanced, creamy, and bold. This versatile mixture not only enhances the chicken and vegetables but can also double as a dip or salad dressing if you make extra.

## Balancing Heat and Sweetness

What makes bang bang sauce unique is its balance. Too much sriracha makes it overpowering, while too little honey leaves it flat. The mayonnaise mellows the spice, honey counters the heat, and lime juice cuts through the richness. When poured over sautéed chicken and crisp vegetables, it transforms them into something irresistible. Learning to balance these flavors ensures that every version of your bowl tastes exciting and delicious, tailored to your personal spice tolerance.

## Adding the Vegetables

### Choosing Vegetables That Work

Vegetables make this bowl colorful, flavorful, and nutritious. Broccoli, carrots, and bell peppers are classic choices, offering fiber, crunch, and natural sweetness. However, this recipe is flexible—swap in snap peas, zucchini, or green beans based on what you have. Fresh vegetables work best, but frozen options are convenient too. The goal is to choose vegetables that hold their texture well and add both nutrition and visual appeal to your chicken rice bowl.

### Cooking to Crisp-Tender

Once the chicken is cooked, add vegetables to the skillet. Sauté them for just 2–3 minutes until they're crisp-tender. Overcooking makes them mushy and dulls their vibrant colors. Crisp vegetables contrast perfectly with tender chicken and creamy sauce. Their freshness balances the richness of the mayonnaise-based sauce, creating a bowl that tastes complete and satisfying. When cooked correctly, vegetables transform this from a simple chicken-and-rice dish into a colorful, wholesome meal.

## Assembling the Bowl

### Layering the Ingredients

Begin with a base of rice in each bowl. Top with cooked chicken and vegetables, then pour the bang bang sauce over everything. Toss gently to coat or leave it drizzled for visual appeal. Each bowl should have a balance of rice, protein, vegetables, and sauce in every bite. Adjust the portions to suit your needs: more rice for heartiness, more vegetables for lightness, or extra sauce if you love bold, creamy flavor.

### Garnishing for Flavor and Style

Finish with garnishes that add freshness and crunch. Chopped green onions bring brightness, sesame seeds add nuttiness, and an extra drizzle of sriracha turns up the heat. A lime wedge on the side lets diners adjust acidity to taste. Garnishes aren't just decorative—they elevate both flavor and presentation. With these simple touches, your bang bang chicken rice bowl goes from homemade meal to restaurant-quality dish that's as beautiful as it is delicious.

## Storage and Meal Prep

### Storing Leftovers

Bang bang chicken rice bowls store well, making them ideal for meal prep. Keep rice, chicken, vegetables, and sauce in separate containers in the refrigerator for up to four days. This prevents sogginess and ensures flavors stay fresh. Reheat the chicken and vegetables before serving, then combine with rice and sauce. Keeping the components separate until the last moment maintains the texture and flavor, so your bowls taste as fresh as the day you made them.

### Preparing for the Week

For meal prep, cook a large batch of rice and chicken, chop extra vegetables, and make a jar of sauce in advance. Divide into meal containers, storing the sauce separately. When ready to eat, assemble and garnish. The sauce's bold flavor keeps the dish exciting, even after a few days. Unlike many meal prep recipes that become repetitive, this one stays satisfying. With a little planning, you can enjoy a week's worth of quick, delicious meals.

## FAQs About Bang Bang Chicken Rice Bowl

### Can I substitute chicken with another protein?

Yes, shrimp, tofu, or tempeh work wonderfully in this recipe. Shrimp cooks in minutes, while tofu or tempeh absorb the bang bang sauce beautifully. Simply adjust cooking times to suit the protein you choose. The sauce pairs well with many proteins, making this dish highly adaptable to different diets and preferences. It's one of the reasons bang bang bowls are so popular—they're as versatile as they are flavorful.

### How can I make the sauce lighter?

If you want a lighter sauce, replace mayonnaise with Greek yogurt. This reduces fat while adding protein and tanginess. The sauce stays creamy but tastes fresher, with a slightly sharper edge. If the tang is too strong, balance with extra honey. This swap makes the dish healthier while keeping the signature spicy-sweet profile. Many people prefer the yogurt version because it feels lighter and adds a nutritious twist to the classic sauce.

### What's the best rice for this recipe?

Any rice works, but white rice gives the fluffiest texture and absorbs the sauce beautifully. Brown rice adds nuttiness and more fiber, while cauliflower rice is a great low-carb option. The choice depends on your dietary needs and flavor preference. All options pair well with the chicken, vegetables, and sauce, so you can rotate between them for variety. The flexibility makes this dish appealing for both traditional and health-conscious eaters.

### Can I make this dish less spicy?

Absolutely. Simply reduce the amount of sriracha in the sauce, or replace part of it with ketchup for milder flavor. The honey and lime keep the sauce balanced, even with less heat. For families,

make two versions of the sauce—one mild and one spicy—so everyone can enjoy their preferred level. This adaptability ensures the dish works for both spice lovers and those who prefer gentler flavors.

### **Can I freeze bang bang chicken rice bowls?**

It's best to freeze components separately. Rice and chicken freeze well for up to two months. Vegetables are better cooked fresh, and the sauce should be made fresh as well. To serve, thaw rice and chicken overnight in the refrigerator, reheat, and combine with freshly sautéed vegetables and sauce. This method keeps the texture and flavor intact, ensuring your frozen prep tastes just as good when served later.

## **Conclusion**

Bang Bang Chicken Rice Bowl is the perfect blend of flavor, nutrition, and convenience. With tender chicken, fluffy rice, crisp vegetables, and a bold sauce, it's both comforting and exciting. The dish adapts easily to different proteins, spice levels, and dietary needs, making it suitable for any household. Whether you're meal prepping or cooking a quick dinner, this bowl delivers every time. Once you try it, you'll understand why it's a recipe worth keeping in rotation.

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