



Fresh and light grilled chicken bowl



INGREDIENTS

- 1 grilled chicken breast **(P)**
- 1 tsp. Extra virgin olive oil **(F)**
- 1 tsp. Dried basil
- 1 garlic clove, crushed
- 1/4 cup brown rice, **(C)**
(steamed beforehand)
- 1 large carrot, grated **(C)**
- 1/2 lime
- 1 medium tomato, finely diced **(C)**
- 1 cup broccoli florets, **(F)**
(steamed beforehand)
- 1/4 Avocado, sliced **(F)**
- Salt and pepper to taste

DIRECTIONS

Add the steamed brown rice to a bowl. Top with grilled chicken breast sliced to one side.

Add the grated carrot, diced tomato and steamed broccoli to the bowl. Top with avocado slices.

Add the garlic, basil, olive oil and fresh lime juice together in a bowl. Pour over all the ingredients when ready to eat.

Season to taste.

Enjoy at room temperature.



1 Serving