
SAUCY CHICKEN & RICE BOWLS



D'LISH

Gluten-Free, Nut-Free, Egg-Free

Yield: 4 servings **Total time:** 35 minutes

Ingredients

- 1 cup uncooked instant brown rice
- 1/4 cup tahini OR nut butter (tahini is nut-free)
- 1/4 cup plain Greek yogurt
- 2 scallions, chopped
- 1 lemon, freshly squeezed
- 1 tbsp olive oil
- 1 tbsp water
- 1 tsp pepper
- 1 tsp cumin
- 1 tsp paprika
- 1 lb. raw chicken breast
- 1 bell pepper, chopped
- 1 tomato, chopper
- 1 cucumber, chopped
- 1 tbsp seeds (chia, flax, sesame, pumpkin)
- Fresh basil for serving (optional)

Directions

1. Preheat oven to 350 degrees. Rinse and dry chicken then rub with 1 tbsp olive oil and place on a baking sheet. Sprinkle with pepper. Roast the chicken for 25-30 minutes. Let cool then chop into slices or cubes.
2. While oven is preheating prep your ingredients: Chop scallions, tomato, bell pepper and cucumber. Set off to the side.
3. Then, cook brown rice in a saucepan according to the package instructions.
4. While chicken and rice are cooking, in a medium bowl, mix together the tahini (OR nut butter), yogurt, scallions, lemon juice,

Grocery List

- Chicken breast
- Brown rice
- Tahini OR Nut butter
- Olive oil
- Greek yogurt
- Scallions
- Lemon
- Cucumber
- Tomato
- Bell pepper
- Seeds
- Spices: Cumin, Paprika, Pepper
- Basil

Kitchen Equipment

- Cutting board
- Chef's knife
- Measuring cups & spoons
- Baking sheet
- Saucepan with lid
- 2 Medium bowls
- Mixing spoon
- Citrus squeezer
- 4 serving bowls

water, cumin, and paprika. Transfer half the sauce mixture to another medium bowl.

5. Once, chicken and rice are done. Mix chicken into the one of the sauce mixtures, mix the rice into the other sauce mixture (the one without the chicken).
6. To assemble, divide the chopped/sliced chicken among 4 serving bowls. Spoon the rice mixture next to the chicken in each bowl. Then add bell peppers, tomatoes, cucumbers, seeds, and top with fresh basil, if desired.

Per serving: Calories: 327; Total Fat: 15g; Saturated Fat: 2g; Sodium: 334mg; Total Carbohydrates: 29g; Fiber: 3g; Protein: 22g

Ingredient/Prep tip

- May substitute chicken for another protein: tofu, tempeh, beans, lentils or grass-fed lean beef.
- May add additional chopped veggies and fruit: garlic, carrots, celery, zucchini, apples, pears, sweet potatoes, and avocado.
- May substitute cumin and paprika for other spices: cayenne, cinnamon, paprika, garlic powder, chili powder, basil, oregano, cilantro.

Spotlight Ingredient: Tahini

- Tahini is packed with essential vitamins and minerals, health unsaturated fats and is a greater source of protein than most nuts.
- Tahini is a paste made from toasted ground sesame seeds, with a consistency similar to creamy nut butter. It is a staple in eastern Mediterranean dishes like hummus.
- Tahini should be stored in the refrigerator after opening to keep the sesame oil fresh.
- Use tahini as a dip for veggies and fruit, as a dressing for salads, rice, or chicken or as a spread on toast and sandwiches or even add it into stir-fry.

Notes