

Asian Chicken and Veggie Bowl

Serves 4

Sauce Ingredients:

2 tbsp salt reduced soy sauce
1 tbsp oyster sauce
1 tbsp sweet chilli sauce
1 teaspoon sesame oil

Main Ingredients:

2 medium carrots, diced
3 cups finely sliced red cabbage
2 stalks celery, diced
4 mushrooms, chopped
1 small red capsicum, diced
1 brown onion, diced
2 cloves garlic, finely chopped
2 tsp grated ginger
500 grams chicken mince
250 gram sachet cooked brown rice and quinoa
Iceberg lettuce, sliced
Toppings (optional): roasted peanuts, coriander

Note: If you are short on time, instead of slicing your own cabbage and chopping the carrot, you can use a large bag of coleslaw.

Method

1. Mix sauce ingredients together in a small bowl and set aside.
2. Chop / prepare vegetables – carrots, cabbage, celery, mushrooms, and capsicum and put in one large bowl, set aside.
3. Heat some oil in a wok (or large frypan) and when heated, add diced onion. Cook for 2-3 minutes until softened.
4. Add garlic and ginger to the wok. Cook for another minute.
5. Add minced chicken and stir breaking it up with a wooden spoon. Stir until cooked through.
6. Add chopped vegetables and brown rice/quinoa sachet and cook for a few minutes until vegetables are starting to soften.
7. Add sauce and stir for another couple of minutes.
8. Serve in a bowl with sliced lettuce. You may like to top it with roasted peanuts and coriander.

Recipe Description

This meal has the benefits of using a lean protein source and seven different vegetables all in the one bowl. It gives you a good amount of protein (around 31 grams per serve), is low in carbohydrates and has a good amount of fibre. This means it will help keep you full for the rest of the afternoon, so hopefully reduce the afternoon snack attack urge!

It is a great option for lunches as it keeps and reheats well and is an all-in-one meal.

