

Mexican Chicken Poke Bowl

Calories: 29 kcal

Servings: 2

Time: 0 Mins

Ingredients

- 50.00 g Avocado (2 slices)
- 100.00 g Cauliflower (2 large florets)
- 2.00 tbsp Cheese (Parmesan)
- 8.00 whole Cherry Tomatoes
- 85.00 g Chicken Thigh
- 0.50 tsp Chilli Flakes (optional)
- 2.00 clove Garlic (crushed)
- 1.00 tsp Ginger (crushed)
- 1.00 tbsp Lemon Juice
- 0.50 cod Red Onions (finely sliced)
- 1.00 tsp Sesame Seeds (black and white)
- 4.00 tsp Smoked Paprika Powder
- 60.00 g Spinach
- 60.00 g Swiss brown mushrooms (2 sliced)

Instructions

1. Poke Bowl:
2. Chop chicken thighs and place in bowl. Mix in smoked paprika, 1 gloved of crushed garlic, ginger, and squeeze of lemon. Let chicken marinate for 10 minutes.
3. Add olive oil to a pan on medium heat, then cook the chicken for 2 minutes on each side. Cover p couple minutes until chicken is fully cooked. Set aside.
4. Add chopped cauliflower and mushrooms to the same pan and sauté vegetables for 2-3 minutes. Season with a squeeze of lemon and a few pinches of salt.
5. In two serving bowls, add spinach, cherry tomatoes, sliced avocado, red onion, parmesan cheese, sesame seeds, and cooked mushrooms and cauliflower. Place chicken on top and garnish with fresh coriander.
6. Lemon Coriander Ranch Dressing:
7. To a blender add yoghurt, lemon juice, coriander, monk fruit sweetener, crushed clove of garlic, and salt. Blend until you get a thick yet smooth and creamy consistency. Alternatively, mix all ingredien

a bowl and whisk for 1-2 minutes.

8. Drizzle the ranch dressing on top of chicken and vegetables. Serve with lemon wedge and chilli flakes as desired.

Equipment

- Blender