

# pesto buddha bowl

Nutrifit is all about "food that nourishes you" and this Buddha Bowl is great for kick-starting healthy, nourishing, clean-eating in the New Year. It's also quick, easy and brilliant for using up leftovers too. If you're making a dish with chicken and rice for dinner, just make a little extra and then you have the base for this the next day. To make it even easier, pick up some grilled chicken from our deli!

The idea of a Buddha bowl is that it's a balanced meal, all in one bowl. Bowl food can be more comforting and it's easy to be flexible with the ingredients. For this one, the thing you really need is the pesto. Other than that, everything else is interchangeable. I use the San Remo pesto which is naturally dairy-free.

We're using grilled chicken for the protein, Lundberg wild blend rice for the carbs, avocado/pumpkin seeds for the fats and leaves and baby tomatoes for the veggies. But you could switch salmon or tofu for the protein, use quinoa or other types of rice for the carbs or replace the good fats with olives. You really can throw in whatever you wish. Just don't forget the veggies!

**TIME** 5mins  
**MAKES** 1 serving  
*[45mins if rice needs to be cooked]*

## INGREDIENTS

- Leftover roast chicken or one grilled chicken breast, sliced
- ¾ cup cooked red, wild rice (chilled)
- 1 heaped tsp pesto (dairy-free if needed)
- ¼ avocado
- 1 tbsp salted, roasted pumpkin seeds
- 2 handfuls of green leaves
- 8 baby tomatoes

## METHOD

- Put the rice and pesto into a large bowl for one person and stir together well.
- Pop the leaves on top of the rice.
- Scatter with the chicken, avocado, pumpkin seeds and baby tomatoes.
- Toss together and dive in!

### NOTE:

Our next Nutrifit program starts on January 27th! If you'd like to find out more, have a look online at [www.waterfrontwellness.bm/nutrition-services#nutrifit](http://www.waterfrontwellness.bm/nutrition-services#nutrifit)

 approved recipe



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