



CHICKEN BOWL FOR THE SOUL



You've heard of chicken soup for the soul, well you have to try our chicken bowl for the soul! A hearty and nutritious meal, perfect for lunch or dinner!

METHOD

- Preheat oven to 200°C.
- Line a baking tray with foil.
- Place the chicken, peppers, and onions onto the baking tray and drizzle with oil.
- Sprinkle the chicken seasoning evenly over both sides of the chicken breasts.
- Sprinkle salt and pepper on the bell peppers and onions, tossing to coat.
- Top each chicken breast with a generous pour of tomato pasta sauce.
- Bake in a preheated oven for 25 minutes.
- Rest chicken for 10 minutes, before slicing into strips.
- Add a base of brown rice to 4 bowls or sealed containers. Top each with a scoop of black beans, corn, additional tomato pasta sauce, cheddar cheese, cooked bell peppers, and onions, and sliced chicken.
- Enjoy immediately or store in the refrigerator. Can be kept refrigerated for up to 4 days.

INGREDIENTS

Serves 4

- 2 boneless, skinless chicken breasts
- 3 bell peppers, any colour, sliced
- 1 large red onion, sliced
- 2 tablespoons olive oil
- 1 tablespoon chicken seasoning
- salt, to taste
- pepper, to taste
- 1 jar tomato pasta sauce
- 3 cups brown rice (680 g), cooked
- 1 can black beans, drained and rinsed (optional)
- 1 can corn
- 1 cup grated cheddar cheese (100 g)