



# QUINOA BURRITO BOWL

RECIPE BY: GEMMA OBERHOLZER



NO GLUTEN

DIFFICULTY: EASY

TIME: 15 MINS

SERVES: 2

Swap out the chicken for steak or try using mushrooms for a vegetarian alternative.

## METHOD

Preheat grill or a large frying pan to medium-high. Combine jalapenos, oil, garlic powder and cumin in a small bowl. Oil the grill rack or frying pan. Season chicken with salt. Grill the chicken for 5 mins. Turn, brush with the jalapeno mixture and continue cooking, 3 to 5 mins more or until chicken is cooked through. Transfer to a clean cutting board. Chop into bite-size pieces. Assemble each burrito bowl with  $\frac{1}{2}$  cup quinoa,  $\frac{1}{2}$  cup chicken,  $\frac{1}{2}$  cup lettuce,  $\frac{1}{4}$  tomatoes,  $\frac{1}{4}$  cup beans,  $\frac{1}{4}$  avocado, 1 Tbsp salsa and 1 Tbsp cheese. Serve with a lime wedge.

## INGREDIENTS

- 2 chicken breasts or any protein of choice
- 1 Tbsp oil
- Jalapeno, chopped (according to taste) OR  $\frac{1}{2}$  tsp chili powder
- 1 tsp garlic powder and cumin
- 1 cup quinoa, or brown rice cooked
- 1 cup lettuce, chopped
- $\frac{1}{2}$  cup tomatoes, chopped
- $\frac{1}{2}$  cup black beans, rinsed and drained
- $\frac{1}{2}$  avocado
- 2 Tbsp. salsa
- 2 Tbsp cheese of choice, grated
- Lime wedge for serving