



GYMWOLFPT

Chicken and Basmati Bowl (1 Serving)



- **120 g chicken breast**
- **½ cup boiled chickpea**
- **¾ cup cooked (¼ cup uncooked) basmati rice**
- **4 sprigs purslane, only leaves**
- **3 cherry tomatoes, cut into half**
- **⅛ tsp black pepper**
- **¼ tsp garlic powder**
- **1 tbsp Olive oil**
- **Salt**

(1 Serving)

Kcal	643
Protein	47g
Fat	25g
Carbs	55g

1. Marinate the chicken with olive oil, salt, pepper, and garlic powder for an hour in the refrigerator.
2. Heat the cast-iron skillet, then cook the marinated chicken until golden brown grill marks appear on both sides. Then slice the cooked chicken in any shape you wish.
3. Arrange the basmati rice, chickpeas, veggies, and chicken on a serving plate.



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