



PREP TIME:

10 minutes

COOK TIME:

25 minutes

CARIBBEAN CHICKEN & VEGGIE POWER BOWL

By Chef Carine



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Ingredients

- 1 lb. boneless, skinless chicken thighs
- 4 Tbsp. olive oil
- 1 tsp. curry powder
- 1 tsp. jerk seasoning
- 1 cup uncooked brown rice
- 2 cups baby spinach
- 1 cup shredded carrots
- 1 red bell pepper, diced

Dressing:

- 2 Tbsp. olive oil
- 1 lime, juiced
- 1 tsp. honey (optional)
- Salt and pepper to taste

Kitchen Items

- stove top
- large skillet
- measuring cups and spoons
- kid safe knife
- cutting board
- pot
- mixing bowl



Directions

1. While chicken cooks, cook brown rice according to package directions and fluff with a fork.
2. Chop and dice red pepper and shred 1 cup of carrots.
3. Use 1 Tbsp. olive oil to coat chicken. Sprinkle jerk seasoning, salt and pepper over chicken.
4. Add 1 Tbsp. olive oil to pan, then add veggies over medium heat until soft, approximately 5 minutes.
5. Place chicken thighs in a second pan over medium heat with 2 Tbsp. olive oil and cook on one side until browned, approximately 5 minutes, then flip and cook the other side until internal temperature reaches 165°F.
6. Make Dressing - Whisk together all the dressing ingredients and make sure combined well.
7. Assemble Bowls - Divide rice into 4 bowls. Top with baby spinach, carrots, bell pepper, sliced chicken, and drizzle dressing over top.

GROCERY LIST

Fruits & Vegetables

- ☐ Baby Spinach
- ☐ Carrots
- ☐ Red Bell Pepper
- ☐
- ☐
- ☐
- ☐

Dairy & Eggs

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Meats & Seafood

- ☐ Chicken Thighs
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Pantry Items

- ☐ Olive oil
- ☐ Curry Powder
- ☐ Jerk Seasoning
- ☐ Brown Rice
- ☐ Honey
- ☐
- ☐