

## FAST & FRESH BUDDHA BOWL



### RECIPE NAME: Fast & Fresh Buddha Bowl

RECIPE DESCRIPTION: Salad bowl with chicken breast

ACTIVE TIME: 20 minutes

TOTAL TIME: 35 minutes

SERVINGS: 1 - 2

bon COOK PRODUCTS USED: Bonmat, Perforated Baking Sheet, Mandoline, Santoku Knife, FRENCH PANTRY Zest Mediterranean Herb Blend

### INGREDIENTS:

- 1 large boneless, skinless Chicken Breast
- 2 tablespoons Zesty Mediterranean Herb Blend
- 2 Cups Mixed Greens
- 1 cup Purple Cabbage, shredded
- ½ cup Cherry Tomatoes, halved
- 1 small bunch Parsley, chopped
- 2 - 3 Radishes, sliced thin
- ½ cup Hummus
- ¼ cup Olives
- 1 tablespoon Pomegranate Seeds
- ¼ cup Pickled Vegetables (optional)
- Salt & Pepper to taste

### Pomegranate Vinaigrette

¾ cup olive oil

¼ cup Pomegranate White Balsamic

1 tablespoon Honey

¼ tablespoon Salt

¼ teaspoon Black Pepper

### **DIRECTIONS:**

1. Preheat oven to 375 degrees F. Salt & pepper both sides of the Chicken Breast. Then sprinkle on Herb Blend, covering both sides.
2. Place Chicken on Bonmat and bake for 12 – 15 minutes, until fully cooked. Remove from oven and cover to keep warm.
3. Add Mixed Greens to a large salad bowl.
4. Working your way around the bowl, add in Purple Cabbage, Cherry Tomatoes, Parsley, Radishes, Hummus, Olives & other Pickled Vegetables.
5. Cut Chicken into ½ inch strips and place on top of salad and veggies in bowl
6. Top with Pomegranate Vinaigrette dressing

### Pomegranate Vinaigrette

1. Combine all ingredients into a small mixing bowl.
2. Whisk together until mixed well, about 1 minute.

***bon* TIP:** Change up the Herb Blend and ingredients of this Buddha Bowl to create many more tasty combinations.