Tropical Brown Rice Bowls

TIME	60 Minutes
INGREDIENTS	24 items
MAKES	4 servings

Developed by Mississippi Chef Nick Wallace, this reimagined rice bowl recipe will take you to a tropical escape as it's packed with flavor from the chicken, pineapple, tasty peanut sauce and cilantro lime vinaigrette.

INGREDIENTS

For the Bowl

- 1 pouch of Ben’s Original™ Ready Rice™ Whole Grain Medley Quinoa & Brown Rice with Garlic, prepared according to package instructions
- 2 large red peppers, roughly chopped
- 2 green onions, thinly sliced
- 2 cups chopped pineapple
- 1/3 cup chopped macadamia nuts, plus 2 tablespoons extra for garnish
- 1/3 of the peanut sauce recipe that follows
- 1 batch cilantro honey lime vinaigrette (recipe follows)
- 2 medium chicken breasts
- ½ teaspoons red pepper flakes
- Cilantro for garnish

For Cilantro Lime Vinaigrette

- ½ cup lime juice
- 3 tablespoons honey
- 1 teaspoon dijon mustard
- 1 cup loosely packed cilantro
- 3 tablespoons olive oil
- Salt and pepper

For Spicy Peanut Sauce

- ½ cup peanut butter chunky or smooth
- ¼ cup low sodium soy sauce
- 2 tablespoon sesame oil
- 2 cloves garlic peeled
- ½ inch fresh ginger, skin removed
- 1 jalapeño
- 1 tablespoon sriracha
- ¼-1/2 cup water as needed

Instructions for Bowl

1. Heat a small sauté pan to a medium-low heat. Add nuts, toast just until fragrant. Be careful not to burn.
2. Toss quinoa blend with peppers, onions, pineapple, ⅓ cup nuts and ½ of the cilantro vinaigrette. Add more vinaigrette to suite your taste, you may not need it all. Season with salt and pepper in your serving bowl.
3. Heat a grill pan to a medium-high heat. Sprinkle with red pepper flakes. Grill until cooked through, about 3-4 minutes per side. Set aside to cool. Once cool, cut into strips.
4. Place chicken strips on top of quinoa and drizzle with peanut sauce. Sprinkle with remaining nuts and extra cilantro.

Instructions for the Vinaigrette

1. Add lime juice, honey, dijon and cilantro to a mini food processor. Turn on and blend until combined and the cilantro is in tiny pieces. With the mixer on, add olive oil. Season to taste with salt and pepper.

Instructions For Spicy Peanut Sauce

1. Add peanut butter, soy sauce, sesame oil, garlic, ginger, jalapeño and sriracha to a blender or food processor.
2. Blend on high, adding water as needed, until smooth and desired consistency is reached.
3. Transfer to an airtight container and place in the fridge until ready to use.

NUTRITION

- CALORIES: 440
- TOTAL FAT: 20g - 26%
- TRANS FAT: 3.5g
- SODIUM: 580mg - 25%
- TOTAL CARBOHYDRATES: 43g - 16%
- DIETARY FIBER: 4g - 14%
- TOTAL SUGARS: 19g
- PROTEIN: 24g

Source URL: *https://www.bensoriginal.com/recipes/tropical-brown-rice-bowls*