



Chicken, tomato, pepper and wild rice grain bowl

This recipe is so simple and quick, and barely needs and preparation or dedicated grocery buying. Simply plan to make using leftover roast chicken. By adding some veg and a helping of wild rice you have yourself a filling and satisfying lunch that will keep you going for hours.

Serves 1

Ingredients

- 50g wild rice
- 2 large handfuls rocket leaves
- 50g cooked roast chicken, shredded
- 4 sun-dried tomatoes, cut into thin strips
- ½ red pepper, sliced
- ½ green chilli, finely chopped
- ½ tbsp extra virgin olive oil
- ½ tbsp balsamic vinegar
- freshly ground black pepper



Method

1. Cook the wild rice. Once cooked, place in the bowl that you plan to eat from or in the container you are taking to work. Add the rocket, chicken, sun-dried tomatoes, pepper and chilli.
2. Finish by drizzling over the oil, balsamic vinegar and ground black pepper.
3. Sit down and enjoy or simply pop the lid on ready to take with you for your day at work or on the road.

The Grange
Welford Road

We've updated our policy regarding how we treat and protect your data.

Please read our [Privacy and Cookie Policy](#) anytime for more information. This site uses cookies to help you have a good experience and help us improve our site's performance. By using this site you agree to our use of cookies.

OK, I agree

No, give me more info