



*Spin Your Own Axis*

## *Cava Inspired Chicken Bowl*

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Our inspiration can run short from time to time. This is exactly what happened to me this week! The ideas weren't flowing while I was planning my week ahead. So, my husband said let's take a break and get something to eat. We ended up at Cava which was the perfect spot to get inspired by one of their meals. This bowl is full of fiber rich ingredients that you will love.



- **Prep Time:** 20 minutes
- **Cook Time:** 35 minutes
- **Total Time:** 55 minutes
- **Serving:** 5

## Ingredients

- 4 oz. Grilled Chicken breast (Total of 20 oz. for 5 servings)
- 2 teaspoons Garlic powder
- 2 teaspoons Lemon Garlic powder
- 2 teaspoons Lime Chile Powder
- 1/4 teaspoon Black Pepper
- 1 Lime
- 1.8 oz. Shredded Red Cabbage, Brussel sprouts, Kale
- 1 oz. Feta Cheese
- 30g Three Layer Hummus, Cilantro Jalapeno, Traditional and Spicy
- 50g Steamed lentils
- 24g Organic Tahini
- 40 g Extra Long Grain White Rice (Total of 200g for 5 servings)

## Instructions

1. Marinate chicken breast with garlic, lime chile, lemon garlic and black pepper powder, lime and masala sauce.
2. Prepare grill, let it heat, then begin to cook chicken.
3. Prepare and weigh white rice, then rinse.
4. Preheat pan, add 2 tbsp. of olive oil with a 2 teaspoon of lemon garlic powder, then add white rice and mix well to absorb the lemon garlic before adding water.
5. Add water. A trick to adding water is always add double in grams or ounces of water (depending on which weigh conversion you used initially) For example, 200g of white rice will need 400g of water. Let it cook in high until boiling, then reduce to low for remainder of time.
6. Chop chicken into small pieces.
7. Use a bowl to begin assembling your cava inspired bowl, start with white rice at the bottom, add shredded red cabbage, Brussel sprouts, kale, then add chopped chicken, followed by lentils, tahini, three layered hummus on the side and top it off with the Feta Cheese.
8. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat!

## Nutrition Facts

- **Serving Size:** 1/5
- **Calories:** 597
- **Carbohydrates:** 55g
- **Sodium:** 1019mg
- **Fat:** 22g
- **Sugar:** 3g
- **Protein:** 46g
- **Iron:** 5%
- **Fiber:** 8g