

# Chicken, Rice & Kimchi Bowl

2 SERVINGS 30 MINUTES



## INGREDIENTS

3/4 cup Black Rice (uncooked)  
10 ozs Chicken Thighs (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
2 tbsps Avocado Oil (divided)  
2 cups Shiitake Mushrooms (stem removed, sliced)  
4 cups Kale Leaves  
2 1/2 tbsps Gochujang  
1 1/2 tsps Water  
3/4 cup Kimchi

## NUTRITION

### AMOUNT PER SERVING

|           |        |              |       |
|-----------|--------|--------------|-------|
| Calories  | 684    | Calcium      | 190mg |
| Fat       | 23g    | Vitamin D    | 42IU  |
| Carbs     | 85g    | Vitamin E    | 1mg   |
| Fiber     | 8g     | Vitamin K    | 192µg |
| Protein   | 38g    | Phosphoro... | 341mg |
| Sodium    | 943mg  | Magnesium    | 75mg  |
| Potassium | 744mg  | Zinc         | 4mg   |
| Vitamin A | 2107IU | Selenium     | 69µg  |
| Vitamin C | 40mg   |              |       |

## DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Pat the chicken dry and season with salt and pepper.
- 03 Heat a large skillet over medium-high heat and add half of the oil. Add the chicken thighs and cook for five to six minutes per side, or until cooked through. Remove the chicken from the pan and set aside. Once cool, slice into strips.
- 04 In the same skillet over medium heat, add the remaining oil. Add the mushrooms and cook for five minutes, until softened, stirring often.
- 05 Move the mushrooms to one side of the pan and add the kale. Cook until wilted slightly, about one to two minutes. Remove the skillet from the heat and season the mushrooms and kale with salt and pepper.
- 06 In a small bowl, mix together the gochujang and water.
- 07 Divide the rice, chicken, mushrooms, and kale evenly between bowls. Add the kimchi and top with gochujang. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Season the chicken with garlic powder, ginger powder and/or gochugaru.

