

Chicken & Rice + Stir Fry



Ingredients

- 1/2 cup Brown or White Rice
(Basmati or Jasmine Rice is good)
- 1 Chicken Breast (Sliced or Diced)
- 1-2 Tbsp Extra-Virgin Olive Oil or Avocado Oil
- 1-2 Vegetables of choice (Bell peppers, zucchini, onions, etc)
- 1 tsp Pink or Sea Salt
- 1 tsp of Ground Black Pepper
- 1 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1 tsp Paprika
- 1/4 cup Water
- 1-2 Tbsp BBQ Sauce (optional)

Directions

1. Boil or microwave rice while cutting up chicken breast and vegetables
2. Measure olive oil into pan and warm up on medium heat
3. Place chicken into pan first and then veggies before adding seasonings
4. Add cooked rice into pan along with water and bbq sauce to combine all ingredients for 2-5 minutes before removing from heat to enjoy

***You can use other sauces, just use a moderate amount (1-3 tbsp)*

