



## Poached Chicken & Carambola Rice Bowl

By Sherri Williams

- 2 carambola, sliced
- 1/4 head red cabbage, sliced
- 4 large radishes, cut in matchsticks
- 1 small English cucumber, cut in matchsticks
- 2 limes, quartered
- 2 green onions, chopped
- 1/4 cup dry roasted pistachios, chopped
- 1 pound poached chicken breast, sliced
- 2 cups ready-to-serve whole grain brown rice
- DIPPING SAUCE**
- 1 cup water
- 1 tablespoon low sodium soy sauce
- 1 tablespoon low sodium fish sauce
- 1 tablespoons low calorie natural brown sugar blend
- 2 tablespoons fresh lime juice
- 2 garlic cloves, minced
- 2-3 Thai chili peppers, chopped
- GARNISH**
- handful of fresh mint
- handful of fresh basil
- handful fresh cilantro

Slice and chop fruit, vegetables, pistachios and precooked poached chicken.

Combine sauce ingredients in a bowl, mix well.

Warm up rice according to package.

Assemble bowls: place rice in middle of 4 bowls. Alternate chicken slices and carambola slices, cabbage, lime quarters, cucumber and radishes. Top rice with green onion and pistachios. Serve with dipping sauce and garnish.

