

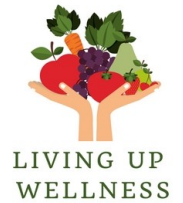
Power Bowl



Course : Main Dish

Categories : Fish, Vegetable, Whole grain

Source : www.livingupwell.com



Serving size : 4 servings

Preparation time : 10 mins

Cooking time : 15 mins

Ingredients:

16 oz tuna (or salmon, tilapia, chicken)
5 baby cucumbers
6 oz 2% Greek yogurt (I like Faye)
1 tablespoon fresh dill, finely chopped
1/4 cup fresh mint, finely chopped
1/4 cup fresh cilantro, finely chopped
3 cloves garlic, finely chopped
3 lemons
1 tablespoon avocado oil
2 cups cooked wild/brown rice
24 oz cauliflower rice, defrosted
1/4 cup feta cheese
4 oz hummus (I like roasted red pepper)

Directions:

Make your rice during your weekend prep. Alternatively, buy 1 minute wild or brown rice and warm in microwave. See notes for how to season.

1. Heat your wok to medium heat, add 1 tsp avocado oil. Add cauliflower rice, mint, cilantro, juice of 1 lemon, sea salt and black pepper. Stir to combine and saute for 5-7 minutes or until warmed and softened but not mushy. Remove from heat.
2. To make tzatziki sauce: Small dice 1/3 cup cucumber. In a medium bowl, mix together Greek yogurt, finely chopped garlic, finely chopped dill, diced cucumber, 1 tbsp lemon, 1 tsp avocado oil, juice, sea salt and black pepper to taste.
3. Heat a cast iron skillet to high heat. Use a paper towel to pat dry the tuna, season each side with sea salt and heavily season each side with black pepper. When pan is hot and starts to smoke, add 1 tsp avocado oil. Then add tuna and sear for 1 minute on each side. Remove from heat and let rest for 3-5 minutes. Slice into thin slices against the grain. The middle should still be bright pink.
4. To assemble, warm brown rice and add 1/2 cup brown rice, 2/3 cup cauliflower rice, 4 oz tuna, 1 tsp feta cheese, tzatziki sauce and hummus. I enjoy this most by mixing the rices together with the sauces.

Notes:

Alternatively, you can buy minute brown rice, that will steam in the microwave in 1 minute. To each cup, add 1/4 teaspoon of cumin, 1/4 teaspoon onion powder, 1/4 teaspoon garlic powder and sea salt to add flavor.

If using salmon, cook on med high for 3-4 min on each side, until inside is cooked to medium, should still be a little red inside.

If using chicken, pound to 1/2 inch thickness, season with Jill's AP seasoning and cook on medium-high, 4 min per side or until white but still juicy in the middle (165 F)

You can find already riced cauliflower in the freezer or fresh foods section of your grocery store. I buy the frozen, that way I do not have to worry about it going bad before I use it.

Equipment:

Wok or large skillet

Medium cast iron skillet or non-stick skillet

Tongs

Spatula

Cutting board

Chef's knife