



Dragon Bowl

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template approved



prep time
10-15 min



total time
2 hours,
15 minutes



servings
4

Ingredients

Stir-Fry:

- 1 lbs./450 grams boneless, skinless chicken thighs (~17 servings of protein)
*You can sub chicken breast, beef, tofu, etc.
- 1/2 yellow or orange pepper, cut into 1" pieces (~.5 serving of veggies)
- 1/2 cup broccoli, cut into bite sized pieces (~.5 serving of veggies)
- 8 asparagus stalks, cut into 2" pieces (~1 serving of veggies)
- 2 cups baby bok choy, cut into 2" pieces (~2 servings of veggies)
- 1/2 carrot, shaved (~.5 serving of veggies)
- 4 green onions, sliced thin (~.5 serving of veggies)
- 1 cup coconut aminos
- 2 tbsp olive oil (~2 servings of fat)

Braised Cabbage:

- 1 tbsp olive oil (~1 serving of fat)
- 3 apples/435 grams cored and peeled and cut into matchsticks (~3 serving of carbs)
- 1/2 red onion, sliced thin (~1 serving of veggies)
- 1/2 red cabbage, cored and sliced into 1" wide strips (~2 servings of veggies)
- 1/3 cup vinegar
- 1/4 cup water
- pepper to taste

Spicy Yogurt:

- 1 cup/175 grams greek yogurt (~2.5 servings of protein)
- 2 Tbsp dried parsley
- 2 tsp dried dill
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp black pepper
- 1/2 tsp dried chives
- pinch of salt
- 1/4 tsp cayenne powder
- 1 tsp lemon juice

Rice:

- 4 cups/608 grams cooked rice (~8 serving of carbs)

Optional toppings:

- Bean sprouts
- Cashews

Instructions

** Start with the braised cabbage, then the spicy yogurt and rice. Once the braised cabbage is close to being done, start the stir-fry.

Braised Cabbage

- 1 Add olive oil to a large pot on the stove on medium heat. Then add apples and onion. Cook until onion softens, about 4 minutes.
- 2 Add cabbage to the pot and mix well. Then add vinegar, water to the pot and immediately bring the pot to a boil.
- 3 Reduce heat and simmer for 1.5 hrs, stirring occasionally. Add pepper if desired.

Spicy yogurt

Mix all ingredients together and let it sit in the fridge for at least 1 hr.

Rice

Cook the rice as per directions and set aside

Stir-Fry

- 1 In a large pan on the stove, heat 1 tbsp of the oil and cook the chicken until done. Remove from the pan. Chop chicken into chunks and set aside.



- 2 Add the remaining oil into the now empty pan over high heat, and add in the pepper, asparagus, broccoli and bok choy. Cook until softened.

- 3 Add back in the chicken and the coconut aminos. Combine and cook for 1 minute. Add in the carrot and green onion and cook for another minute or two.

- 4 Put the cooked rice in a bowl, add stir-fry, add braised cabbage and drizzle the spicy yogurt on top. Enjoy!

Whole recipe serving breakdown:

19.5 Serving Protein

11 Serving Carb

3 Servings Fat (this will be more if you add cashews as a topping)

8 Servings Veggies