



## Citrus, Fennel & Chicken Rice Bowl

2 servings

35 minutes

### Ingredients

1 cup Basmati Rice, Cooked  
 300 grams Chicken Breast  
 Sea Salt & Black Pepper (to taste)  
 3 tbsps Apple Cider Vinegar  
 1/4 tsp Dijon Mustard  
 1/2 Garlic (clove, small or to taste)  
 1/2 bulb Fennel (medium, thinly sliced)  
 1 Navel Orange (peeled, cut into segments)  
 2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	351
Fat	4g
Carbs	38g
Fiber	5g
Sugar	8g
Protein	39g
Cholesterol	110mg
Sodium	130mg
Vitamin A	3594IU
Vitamin C	57mg
Calcium	109mg
Iron	2mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Meanwhile, season the chicken breast generously with salt and pepper. Bake in the oven for 25 to 30 minutes or until cooked through. Let the chicken breast rest for five to 10 minutes before slicing.
- 3 As the chicken cools, combine apple cider vinegar, Dijon mustard, and garlic in a mixing bowl. Add the fennel and orange and toss to coat. Season with salt and pepper.
- 4 To serve, divide the rice, sliced chicken, baby spinach, and fennel salad between plates. Drizzle any remaining dressing over top and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Store the spinach and the fennel salad separately until ready to serve.

**More Flavor:** Season the chicken with other dried herbs and spices.

**More Fat:** Add extra virgin olive oil.

**No Baby Spinach:** Use another salad green instead.