

Ginger, Lemongrass Chicken Poke Bowl

Shopping List

Andrew's Meats

2 chicken breasts

Hanaro Mart

brown rice

edamame beans

sesame seeds

Indooroopilly Fruit

2 small cucumbers

1 carrot

1 red onion

1 stalk of lemongrass

1 small piece of ginger

1 bulb of garlic

honey

Sunlit Asian Grocer

tamari soy sauce

fried shallots

toasted seaweed

Additional options

sirracha mayo

sweet chilli sauce

Recipe by nutritionist Casey-Lee Lyons

from Live Love Nourish

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INDRO!