THE LIGHTER PLATE METHOD

Grilled Chicken Poke Bowl

A quick poke-style bowl built on griddled chicken instead of raw fish — bright, fresh and filling.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**10 min**	**25 min**	**4**	**EASY**

Ingredients

- 500 g chicken breast
- 1.5 avocados (sliced)
- 5 leaves little gem lettuce (shredded)
- 1 handful rocket
- 1 tbsp sesame seeds
- 1 lime (juiced)
- 1 tbsp olive oil
- 1 tsp sea salt

Method

1. Season the chicken and griddle or pan-fry for 5–6 minutes each side, until cooked through. Rest for a few minutes, then slice.
2. Divide the lettuce and rocket between bowls.
3. Top with the sliced avocado and chicken.
4. Scatter with sesame seeds and finish with olive oil, lime juice and salt.

Tips & swaps

- Add cooked rice or noodles underneath to make this more substantial.

Storage & reheating

Best assembled fresh; chicken keeps 2 days in the fridge.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
340	**32g**	**6g**	**20g**	**5g**

Estimated values, for guidance only. Contains: Sesame.