

CHICKPEA TUNA POWER BOWL

HIGH-PROTEIN* • PASSOVER-FRIENDLY • READY IN 25 MINUTES

PREP TIME: 10 MINS
COOK TIME: 15 MINS
TOTAL TIME: 25 MINS



*35-45G PROTEIN PER SERVING

INGREDIENTS

- 1 CUP COOKED RICE
- 1 CAN CHICKPEAS (DRAINED & RINSED)
- 1 CAN TUNA (DRAINED)
- 1/2 RED BELL PEPPER, SLICED
- 1/2 GREEN BELL PEPPER, SLICED
- 1/2 ONION, CHOPPED
- 2-3 CLOVES GARLIC, MINCED
- 1/4 CUP DICED TOMATOES
- FRESH PARSLEY, CHOPPED
- 1-2 TBSP OLIVE OIL
- JUICE OF 1/2 LEMON
- CRUSHED RED PEPPER (TO TASTE)
- SMOKED PAPRIKA (FOR GARNISH)
- SALT & BLACK PEPPER (TO TASTE)

TIPS & VARIATIONS:

- SWAP TUNA FOR SALMON FOR A RICHER FLAVOR
- ADD CORN FOR A TOUCH OF SWEETNESS
- USE QUINOA INSTEAD OF RICE FOR EXTRA PROTEIN
- LET CHICKPEAS CRISP SLIGHTLY FOR ADDED TEXTURE
- ADD A DOLLOP OF HUMMUS

DIRECTIONS (MAKES 2 SERVINGS)

- HEAT OLIVE OIL IN A PAN. SAUTÉ GARLIC AND ONION UNTIL FRAGRANT.
- ADD BELL PEPPERS AND DICED TOMATOES. COOK UNTIL SOFTENED.
- STIR IN CHICKPEAS. SEASON WITH SALT, PEPPER, AND CRUSHED RED PEPPER.
- GENTLY FOLD IN TUNA AND HEAT THROUGH.
- REMOVE FROM HEAT. ADD LEMON JUICE AND PARSLEY. MIX WELL.
- SERVE OVER RICE AND FINISH WITH SMOKED PAPRIKA.

RECIPE BY COACH ROSE

Love Yourself