

Vietnamese Bowl with Lemongrass Chicken

Yield: 2 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-bowl-recipe>

Ingredients:

- 1/2 cup brown Jasmine rice uncooked
- 2 tablespoons chives chopped
- 1 tablespoon lemongrass dried
- 1 1/2 teaspoons ginger minced
- 1/4 teaspoon lime zest
- 1/4 teaspoon salt
- 1 teaspoon extra virgin olive oil
- 1 teaspoon fish sauce
- 1/2 teaspoon maple syrup
- 1 dash black pepper
- 1 chicken breast
- 1 cup mixed greens
- 2 tablespoons fresh mint chopped
- 2 tablespoons fresh parsley chopped
- 1/2 jalapeño sliced, seeds can be removed to reduce heat
- 1/4 cup shredded carrots
- 1/4 cup cucumber chopped
- 2 teaspoons dry roasted peanuts
- 1 1/2 chives chopped
- 2 tablespoons rice vinegar
- 1 tablespoon extra virgin olive oil

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 40 milligrams
4. Fat: 14 grams

5. Fiber: 3 grams
 6. Protein: 18 grams
 7. SaturatedFat: 2.5 grams
 8. Sodium: 630 milligrams
 9. Sugar: 3 grams
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