



INGREDIENTS

- Ingham's Original Chicken Tenders
- Nando's Peri-naise
- Rice (white or brown)
- Black beans
- Pickled red onions
- Avocado
- Cherry tomatoes
- Carrot
- Cabbage
- Fresh coriander

← Fresh & vibrant!

CRISPY CHICKEN NOURISH BOWL WITH NANDO'S PERINAISE

STEPS

1. Cook Ingham's Original Chicken Tenders as per the instructions on the pack. Once cooked slice into bite sized pieces.
2. Cook your rice (white or brown) according to packet instructions.
3. While the rice cooks, prepare your toppings: slice the avocado, halve the cherry tomatoes, shred the carrot and cabbage, and drain the black beans and pickled red onions.
4. Divide the rice between bowls as the base.
5. Arrange the sliced tenders in the centre, then group the black beans, avocado, cherry tomatoes, shredded carrot, cabbage and pickled red onions around them.
6. Drizzle generously with Nando's Peri-naise.
7. Finish with a scatter of fresh coriander leaves and serve.