Sweet Garlic & Onion Chicken (Cook In Pouch Recipe!)

COOK TIME	1.5 minutes
PREP TIME	1 min
MAKES	1 servings

This kitchen hack will change the way you think about your microwave pouch of rice and grains forever. Simply add rotisserie chicken, sliced scallions, and sauce directly into the pouch of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils, and 2 minutes later, you will be enjoying a delicious meal, no dishes required! Once you know, you know.

INGREDIENTS

- 1 pouch SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils
- ¼ cup shredded rotisserie chicken
- 1 Tbsp. sliced scallions
- 1 Tbsp. Japanese BBQ Sauce

DIRECTIONS

1. Massage pouch to loosen grains and then cut the top of the pouch completely off at the tear notch.
2. Add all ingredients into the pouch and microwave for 2 minutes.
3. Carefully remove from the microwave, stir well.
4. Pour into a bowl and enjoy.

NUTRITION INFO

Nutrient	Amount Per Serving

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Calories	526
Total Fat	8 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	27 mg
Sodium	1,212 mg
Total Carbohydrate	91 g
Dietary Fiber	10 g
Total Sugars	7 g
Includes Added Sugars	7 g
Protein	22 g

MORE RECIPES

Chicken Mezza Bowl

Cook time

1.5 minutes

Prep time

5 min

Pulled Chicken & Slaw

Cook time

4-6 hours in clow cooker

Prep time

15 min

VIP Salad

Cook time

18 minutes

Prep time

5 min

Cowboy Caviar Jar

Cook time

0 minutes

Prep time

10 min

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