

# Funky Smoothie Bowl

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*This tasty smoothie bowl is a very quick and easy-to-put-together meal option that draws upon either leftover chicken or purchased pre-cooked chicken (standard or smoked). If you don't fancy that, you could always substitute the chicken with a tin of salmon or tuna - and there are lots of vegetarian options, too. Note that chickpeas will provide more carbs than meat (½ cup = 15-18 g carbs), so we have given some lower-carb options as well.*

|            |            |                             |
|------------|------------|-----------------------------|
| Serves     | 3-4        | Per serve (chicken filling) |
| Prep time  | 15 minutes | Carbs 3.8 g                 |
| Difficulty | ●●●        | Protein 28.9 g              |
|            |            | Fat 35.3 g                  |
|            |            | Energy 436 Cal              |

## INGREDIENTS

For the smoothie:

- 1 head kale, stalks removed
- 1 avocado
- juice of ½ lemon or lime

For the herby chicken (optional):

- 300-400 g (about 1 cup) cooked chicken
- small bunch of parsley, chopped
- handful of mint leaves, chopped
- 2 tbsp extra virgin olive oil
- zest and juice of ½ lemon or lime

To serve:

- ¼ cup toasted nuts (almonds, macadamias, walnuts are all perfect)
- small sprinkle of picked parsley or torn basil leaves

## VEGETARIAN OPTION

To replace the chicken:

- 6-8 boiled eggs, peeled, or 400 g canned chickpeas, drained and rinsed, or 200 g feta, crumbled
- extra ¼-½ cup toasted nuts

## METHOD

Chop the kale into small pieces and add it to a blender along with the peeled, stoned avocado and the lemon juice. Blend until smooth (use some water to help the mix blend). Set aside.

Put the chicken in a bowl and shred it by hand or use forks to pull it apart.

Add remaining herby chicken ingredients to the bowl, toss well to combine and season to taste with salt and pepper.

To serve, spoon the smoothie out into bowls and place some chicken in the centre. Top with the nuts and herbs.

**Vegetarian option:** If using boiled eggs, cut into quarters. Spoon the smoothie out into bowls and place the eggs, or chickpeas, or feta, in the centre. Top with the nuts and herbs.

