

## 5 Ingredient Balance Bowl

Recipe by Adria Wu, Course Director for Natural Chef and Vegan Natural Chef

Serves 2

- 1 can of chickpeas, drained (carbs and protein)
- 1 bunch of fresh herbs like mint or basil, chopped  
(vitamins and minerals)
- 250g turkey or chicken breast mince (protein)
- 2 bell peppers (vitamins and minerals)
- 200g coconut or natural yoghurt (fat)

+ 2 tsp oil, salt and pepper to taste

1. Heat 1 tsp oil in pan, cook mince thoroughly for about 10 mins. Take off the heat and add fresh herbs, salt and pepper.
2. Mash chickpeas with a potato masher and 3 tbsp yoghurt, 1 tsp oil, and season with salt and pepper.
3. Mix remaining yoghurt with chopped herbs (reserve some herbs for garnish) to make dressing.
4. Core and cut peppers.
5. Assemble bowl, season and garnish.