

Colorful Rice Bowl Meal

Here's a simple and delicious way to add some color to your day! This vegan bowl meal is perfect for meal prepping and will provide you with a sustainable source of energy due to its high fiber content. Not only is it a treat for your taste buds, but this bowl meal is also visually appealing and beneficial for your overall health!

Preparation 65 min

Cooking 45 min

Servings 4



Nutrition Facts (per serving)

Calories 380 kcal

Fat 9 g

Carbohydrates 59 g

Fibre 10 g

Protein 18 g

Sodium 150 mg

• 1 lime, cut into quarters

• 1 green apple, thinly sliced

• 1 red bell pepper, cut into thin strips

• 1 shallot, thinly sliced

minutes.

In a large bowl, mix together the rest of the ingredients.

Divide the rice and toppings evenly into 4 serving bowls or containers.

For the dressing (optional): mix the balsamic vinegar and hot sauce in a small bowl. Pour it over the salad.

5 minutes



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