

Chicken, Chickpeas, Bulgar Wheat, Rice and Pesto

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First of all let me tell anyone reading this that the best source of chicken for both convenience and nutrition is that from GoldStandard, the ready cooked, steamed chicken breasts they do are really the best option for healthy living (unless you happen to own a free range chicken farm, in which case lucky you!). Unlike supermarket chicken they contain zero preservatives and you can tell straight away that no extra water has been added, I don't eat any other chicken myself and urge all my clients to do the same. You can buy them online directly for the GoldStandard website.

Secondly I'm all about convenience, although the title here makes it seem as if we're creating a delicate, fine-dining experience – it literally takes 3 minutes to prepare (yes I am serious).

Shopping list: Chicken breast (GoldStandard recommended), pesto sauce (no added sugar), Quinoa, Chickpeas, Bulgar Wheat & Rice Waitrose Love Life 250g (available from Waitrose, in pre-cooked packets). Note: If you can't get this exact product you can of course use wholegrain rice or quinoa cooked yourself, even wholemeal pasta, I'm listing this option as it's just so easy.

Preparation: Chop your desired amount of chicken breast (for me a portion is 150g), add two teaspoons of pesto sauce and your desired amount of quinoa/rice/bulgar wheat mix (for most of my meals I use 100g which give you roughly 30g of carbohydrates, follow your diet plan to get the right amount of protein and carbohydrates) and mix together.

Now for the best part... This meal can either be eaten cold or heated up (microwave for 2 mins). Delicious, healthy, versatile and guilt-free.