

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Caribbean Power Bowl

Serves 4

This bowl is a favorite of ours anytime of year! When it's too cold or wet to grill outside, we use our favorite grill pan on the stovetop to bring the flavors of the Caribbean home. We love composing bites of spicy jerk chicken with the cooling coconut rice and fresh avocado slices. The citrus vinaigrette ties all the flavors together, while adding a zingy kick.

Bowl Ingredients:

Jerk Chicken, sliced (see directions below)
Coconut Rice, (see directions below)
1/4 head red cabbage, sliced finely
1 bunch romaine, sliced finely
4 tablespoon cilantro, minced
1 avocado, sliced
Citrus Vinaigrette (see directions below)

Jerk Chicken:

4 boneless skinless chicken breasts

Jerk Chicken Marinade:

1 tablespoon soy sauce
3 tablespoons olive oil
1 tablespoon brown sugar
1/4 teaspoon ground allspice
1/4 teaspoon coarsely ground black pepper
1/4 teaspoon Kosher salt
1/4 teaspoon smoked paprika
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon cumin
2 tablespoons fresh lime juice (about 1 lime)
1 jalapeño pepper, seeded, diced
1-inch fresh ginger, peeled, minced
2 cloves garlic, minced
1 teaspoon fresh thyme leaves
2 tablespoon cilantro, minced
4 scallions, sliced thinly

Coconut Rice:

1 cup jasmine rice
1 cup coconut milk
1 cup water
2 tbsps butter
1/2 tsp kosher salt
1 half small onion, diced finely

Citrus Vinaigrette:

Juice of 1 orange
Juice of 1 lime
3 tablespoons olive oil
2 tablespoon champagne vinegar
1/4 teaspoon freshly ground black pepper
1/4 teaspoon kosher salt
1/4 teaspoon cumin

Directions:

1. Blend the marinade ingredients together in a food processor until pureed. Pour the marinade over chicken breasts, cover and refrigerate for 1-4 hours. Over medium high heat, on a grill or grill pan, cook the chicken until the internal temperature reaches 165°F. Slice the grilled chicken crosswise for adding to the bowl.
2. Meanwhile, prepare the coconut rice. Rinse and drain rice 1-3 times until the water is clear. Add the coconut milk, water, butter, salt, and onion to the rice and bring all to a boil in a small saucepan. Turn to low, and cover tightly with a lid. Simmer for 15-20 minutes. Remove from heat and let stand for 5-10 minutes in the covered saucepan. Fluff the rice with a fork before serving.
3. Prepare the cabbage, romaine, cilantro and avocado by slicing.
4. Whisk all dressing ingredients together to combine and emulsify.
5. Arrange the ingredients in large shallow bowls. Top with the dressing, and enjoy!