

Poke bowl with Argo rice, paprika flavored chicken, tzatziki sauce and fresh spinach



Nicole Scevaroli, Verona



She is the founder of the blog "Senza latte senza uova" and the author of the book "In cucina con Nicole". She is an aspiring nutritionist. Elegance, curiosity and fantasy are the most important ingredients of her special dishes.



@senzalattesenzauova



Le ricette dal mondo di Nicole. Cucinare è amore che si può assaggiare.



RICE: Argo

Ingredients for 2 poke bowls:

- ✓ 140 g of Argo rice San Marco *
- ✓ 200 g of chicken breast
- ✓ 1 cucumber
- ✓ 2 handfuls of fresh spinach
- ✓ 3 spoons of yogurt (no sugared)
- ✓ 1 spoon of paprika powder
- ✓ Half spoon of garlic powder
- ✓ Extra Virgin olive oil, salt and pepper to taste

* I've used the variety Argo for this recipe because it's a low glycemic index rice. It is suitable for diabetic people, for those with digestive and cardio-vascular problems. Argo is rich in starch and is good also for making risottos.

Procedure:

Let's marinate the chicken with paprika and garlic and let it cool in the fridge for 12 hours. Then we grate the cucumber and squeeze it to remove the water contained. We season it with yogurt, extra virgin olive oil, salt, pepper (and a pinch of garlic powder). We now cook the rice in boiling water for 12/14 minutes. We drain it and let it cool. Let's sear the chicken on all of its sides in a pan (which should be already hot). We continue the cooking in the oven or in the air fry at 180°C for 30 minutes. Let it cool and cut it into slices.

Conclusion:

Let's make the poke starting from the rice, adding the spinach, the sauce and the chicken in the end.

Enjoy your meal!



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OTHER VARIETIES SUITABLE FOR THIS RECIPE:



SAN MARCO
VIALONE NANO



RISO DELLA SCALA
VIALONE NANO



A CASA DI ELSA
VIALONE NANO