

Thai Fish and Avocado Rice Bowl

This Thai-inspired bowl is made with juicy seared fish, creamy avocado, and crunchy cereal. Hearty and nutritious, it is sure to be a favorite!



Main Dish

Thai

20 min

Total time

Easy

Difficulty

359

kcal / serving

Ingredients

- Ingredients (for 1 person):
- 2 ounces of salmon or white fish of choice
- 2 teaspoons of olive oil
- Salt and pepper, to taste
- 1/2 cup cooked white rice
- 2 tablespoons cooked garlic
- 1/4 cup of cereal
- 1/4 cup diced cooked chicken
- 1/2 avocado, sliced
- 2 tablespoons of Thai sweet chili sauce

Steps

- Instructions:
- Heat the olive oil in a pan over medium high heat.
- Once hot, season the fish with salt and pepper before adding it to the pan.
- Cook for 3-4 minutes or until the fish is golden brown and flakes easily.
- In a bowl, combine the cooked white rice, garlic, cereal, chicken, and fish.
- Top with the avocado and drizzle with Thai sweet chili sauce.
- Serve and enjoy!