



BENTO BOX



INGREDIENTS

ITEM

QUANTITY

- Cooked Chicken Breast, Sliced or Shredded 5 Oz.
- Tamari 1 Tbsp.
- Sesame Oil 1 Tsp.
- Rice Vinegar 1 Tsp.
- Maple Syrup 1 Tsp.
- Fresh Ginger, Grated 1 Tsp.
- Garlic-infused Olive Oil ½ Tsp.
- Cooked Jasmine Rice ½ Cup
- Sliced Cucumber ¼ Cup
- Carrot Ribbons ¼ Cup
- Hard-boiled Egg 1

SERVING SIZE

1



PREPARATION

- ✔ In a small bowl, whisk together tamari, sesame oil, rice vinegar, maple syrup, ginger, and garlic-infused olive oil.
- ✔ Toss cooked chicken with the sauce until evenly coated.
- ✔ Assemble the bento box with rice, sesame chicken, cucumber, carrots, and egg
- ✔ Serve immediately or refrigerate for meal prep.