



## Nourish Bowl Recipe



A nourish bowl is a healthy meal.



It has different foods on one plate.



You can choose foods that are good for you and that you like to eat.



This recipe takes some time to make.



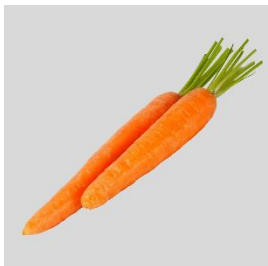
It will serve 4 to 6 people.



1 cup is 1 serving.



## Ingredients List



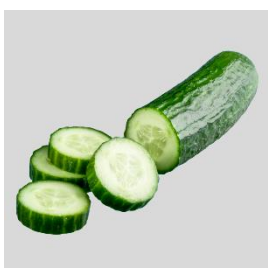
2 carrots



1 tin of corn (400g)



3 cups of lettuce



1 cucumber



A handful of coriander leaves



3 tablespoons of pepitas



1 packet of cooked brown rice



Herby Potatoes



Spicy Beans



Guacamole



Chilli and Lime Tuna



## Equipment List



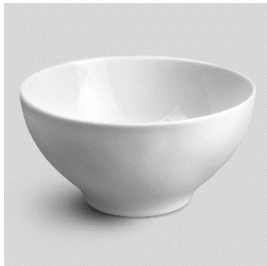
Chopping board



Large knife



Tablespoon



Large bowl



Can opener



A support person to help



## Method



### **Make the Herby Potatoes.**

Follow the [Herby Potatoes Recipe here.](#)



### **Make the Spicy Beans.**

Follow the [Spice Beans Recipe here.](#)



### **Make the Guacamole.**

Follow the [Guacamole Recipe here.](#)



### **Make the Chilli and Lime Tuna.**

Follow the [Chilli and Lime Tuna Recipe here.](#)



Cut the carrots into small sticks.



Drain the corn.



Wash and dry the lettuce leaves.



Slice the cucumber.

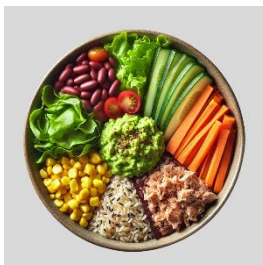


Chop the coriander.

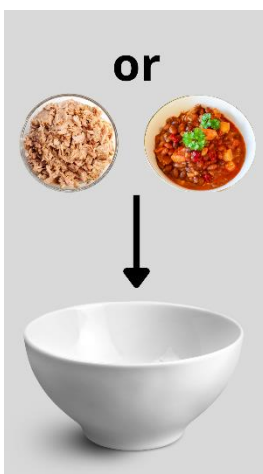


Follow the instructions on the packet to cook the brown rice.

Ask your support person for help if you need it.

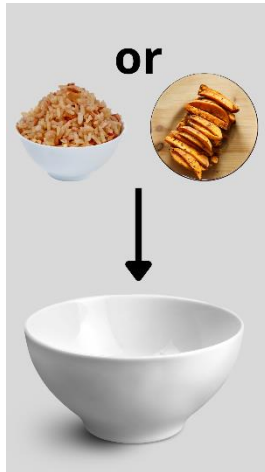


**Put the Nourish Bowl together.**

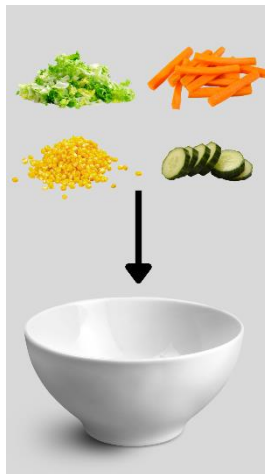


- **Add some protein:** Spicy Beans or Chilli and Lime Tuna.





- **Add some carbohydrates:** Herby Potatoes or rice.



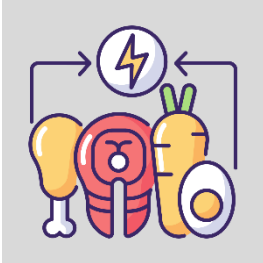
- **Add lots of salad:** Lettuce, carrots, corn, and cucumber.



**On top:** Add guacamole, coriander, seeds, or a little olive oil.



## Nutrition in Each Serving



Quite high in energy



Quite high in protein



Low in fat



High in carbohydrates



Quite high in sugars



High in fibre



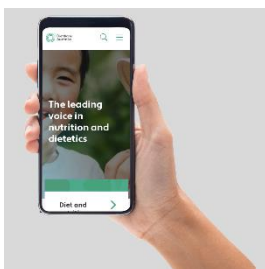
Low in salt



A nourish bowl easy to make and good for you!



Try making this recipe at home.  
Enjoy it with your favourite meals.



For more recipes and tips, visit the Dietitians Australia website.

The Australian Federation of Disability Organisations (AFDO) made this document Easy Read. You need to ask AFDO if you want to use any pictures from this document. You can email AFDO at [office@afdo.org.au](mailto:office@afdo.org.au)