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## **Crunchy Spring Veggie Grain Bowl**

PACKABLE / QUICK

Serves 2

Spring in a bowl, this crunchy-salad-meets-grain-bowl is all I want to eat for lunch when it turns warm outside.

### Ingredients

- 1 cup cooked quinoa or brown rice
- 3 asparagus spears, shaved
- ½ cup grated carrot
- ½ small watermelon radish, thinly sliced with a mandoline
- ⅔ cup shredded Poached Chicken (optional, *recipe follows*)
- ⅔ cup thinly sliced bok choy
- ¼ cup chopped fresh cilantro leaves
- Miso-Ginger Dressing (*recipe follows*)
- About 1 tablespoon coconut aminos
- About 1 teaspoon toasted sesame oil

Divide the quinoa between two bowls. Top each with half the asparagus, carrot, radish, chicken, and bok choy. Garnish with the cilantro and pour over the miso dressing. Drizzle with the coconut aminos and sesame oil and serve.

## **Miso-Ginger Dressing**

QUICK / VEGAN

Makes about ½ cup

Miso is one of my favorite ingredients. Switching to chickpea miso—which is made by fermenting chickpeas instead of soybeans— allows me to enjoy it even when I'm eating clean. You can find chickpea miso in most health food stores and online.

### Ingredients

- 2 teaspoons chickpea miso paste
- 2 teaspoons grated fresh ginger
- Zest and juice of 2 limes
- ½ cup extra virgin olive oil
- Flaky sea salt



In a small bowl, whisk together the miso, ginger, lime zest, and lime juice. While whisking continuously, slowly add the olive oil, then whisk until emulsified. Taste and season with salt. Cover and store in the fridge for up to 1 week.

## **Poached Chicken**

Makes 2 chicken breasts

A solid poached chicken breast is a staple in any cook's arsenal, and is particularly handy in a clean-leaning cook's arsenal. It doesn't get much cleaner than water and herbs! You can use poached chicken in just about anything—toss it in a cauliflower rice bowl or a lettuce cup, on a salad, or in a soup. This is the basic recipe, but feel free to add different aromatics to change up the flavor—celery, carrots, parsley, cilantro, garlic, ginger, and lemongrass are just a few ideas.

### Ingredients

- 1 white onion, quartered
- ½ teaspoon whole black peppercorns
- ½ teaspoon kosher salt
- 2 boneless, skinless chicken breasts

In a small saucepan, combine all the ingredients. Add just enough water to cover the chicken. Bring to a boil, then reduce the heat to medium low and simmer for 20 to 25 minutes; the chicken should look opaque and (obviously) be cooked through.



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