

Mexican Fried Rice

Serves 4

7 oz. (300g) chicken breast
2 cloves garlic, crushed
scant ½ cup (100g) rice
2 tbsp. coconut oil
½ red onion, chopped
1 red pepper, diced
¾ cup (100g) sweetcorn, drained
½ cup (100g) red kidney beans, drained
1 tomato, peeled, chopped
1 avocado, stone removed, flesh diced
1 tbsp. lime
½ chili, chopped
handful coriander, chopped

Spices:

1 tsp. oregano
1 tsp. paprika
1 tsp. ground cumin
½ tsp. chili flakes

What you need to do

1. Chop the chicken into cubes. Season with salt, pepper, spices and crushed garlic.
2. Cook the rice according to the instructions on the packaging, drain, and transfer onto a plate to cool.
3. Heat the oil in the pan over medium-high heat, and fry the chicken for about 3-4 minutes. Add in the chopped onion and diced peppers and continue to cook for another 3-4 minutes.
4. Next, add the drained sweetcorn, beans and the cooked rice. Mix well and cook for another 2 minutes.
5. Remove from the heat, and add the peeled and diced tomato, then mix.
6. To serve, divide the rice between plates, top with avocado, drizzle with lime juice, and sprinkle with chopped chili and coriander.

Pro Tip: To easily peel the tomato, pour boiling water over it for about 1 min, the skin will then easily come off.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25-30 mins	360	16	32	24

*Nutrition per serving

