



## NUTRITION PER SERVING:

<b>CALORIES</b>	360
<b>PROTEIN</b>	24 G
<b>CARBOHYDRATE</b>	32 G
<b>TOTAL FAT</b>	16 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	30 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	¼ OF BATCH

## INGREDIENTS:

<b>7 OZ</b>	CHICKEN BREAST
<b>2</b>	CLOVES GARLIC, CRUSHED
<b>½ C</b>	RICE
<b>½</b>	RED ONION CHOPPED
<b>½ C</b>	SWEET CORN, DRAINED
<b>½ C</b>	RED KIDNEY BEANS, DRAINED
<b>1</b>	WHOLE TOMATO, PEELED, CHOPPED
<b>1</b>	MEDIUM AVOCADO, DICED
<b>1 TBSP</b>	LIME
<b>½</b>	CHILLI, CHOPPED
<b>1 TSP</b>	OREGANO
<b>1 TSP</b>	PAPRIKA
<b>1 TSP</b>	GROUND CUMIN
<b>½ TSP</b>	CHILLI FLAKES
	HANDFUL CORIANDER, CHOPPED



# MEXICAN FRIED RICE

## SOUTH OF THE BORDER FRIED RICE

- 01 Chop the chicken into cubes, season with salt, pepper, spices and crushed garlic.
- 02 Cook the rice according to the instructions on the packaging, drain, and transfer onto a plate and to cool.
- 03 Heat the oil in the pan over medium-high heat, and fry the chicken for about 3-4 minutes.
- 04 Add in the chopped onion and diced peppers and continue to cook for another 3-4 minutes.
- 05 Add the drained corn, beans and the cooked rice, mix well and cook for another 2 minutes.
- 06 Remove from the heat, and add the peeled and diced tomato, mix.
- 07 To serve, divide the rice between plates, top with avocado, drizzle with lime juice, and sprinkle with chopped chilli and coriander.

