



NUTRITION PER SERVING:

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| CALORIES | 360 |
| PROTEIN | 24 G |
| CARBOHYDRATE | 32 G |
| TOTAL FAT | 16 G |

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| PREP TIME: | 10 MINUTES |
| COOK TIME: | 30 MINUTES |

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| YIELD: | 4 SERVINGS |
| SERVING SIZE: | ¼ OF BATCH |

INGREDIENTS:

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| 7 OZ | CHICKEN BREAST |
| 2 | CLOVES GARLIC, CRUSHED |
| ½ C | RICE |
| ½ | RED ONION CHOPPED |
| ½ C | SWEET CORN, DRAINED |
| ½ C | RED KIDNEY BEANS, DRAINED |
| 1 | WHOLE TOMATO, PEELED, CHOPPED |
| 1 | MEDIUM AVOCADO, DICED |
| 1 TBSP | LIME |
| ½ | CHILLI, CHOPPED |
| 1 TSP | OREGANO |
| 1 TSP | PAPRIKA |
| 1 TSP | GROUND CUMIN |
| ½ TSP | 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.

