

NUTRITION PER SERVING:

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

PREP TIME: 10 MINUTES
COOK TIME: 30 MINUTES

YIELD: 4 SERVINGS
SERVING SIZE: ¼ OF BATCH

INGREDIENTS:

- 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.

