Michele Sodon

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

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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.