



for the
little ones

avocado
Sauce

CORN

SPiced Rice with
Chicken

Chicken fajita Rice

A colourful chicken and rice dish cooked with veggies and spices, served with smooth avo sauce and crunchy tortilla strips.

30 Minutes

2 Servings

Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	20g	71g

FROM YOUR BOX

BROWN ONION	1
CORN COB	1
BASMATI RICE	150g
TOMATO PASTE	1 sachet
AVOCADO	1
LIME	1
PRECOOKED CHICKEN	1 packet
TORTILLA STRIPS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin, stock cube of choice

COOKING TOOLS

frypan with lid, stick mixer

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



1. PREPARE the VEGGIES

Peel and dice **onion**. Cut **kernels** from **corn cob**.

tip You can cut the corn into cobs to serve on the side if preferred!



2. COOK the VEGGIES

Heat a frypan with **1 tbsp oil** over medium heat. Add **onion** and **corn**, cook 4-5 minutes until softened. Stir **1 tsp smoked paprika** and **1 tsp cumin**.

tip Use a Mexican spice mix if you prefer!



3. ADD the RICE

Add **rice**, **tomato paste**, **1/2 crumbled stock cube** and **300ml water** to the pan. Stir, bring to the boil, then reduce heat to medium-low. Cover with a lid and cook 10-15 minutes or until the **water** is absorbed.



4. Make the avo Lime Sauce

Meanwhile, scoop out **avocado** and blend with **1/2 lime juice**, **1/3-1/2 cup water** and **salt** using a stick mixer until smooth and creamy. Wedge remaining **lime**.

tip You can mash the avocado instead if you prefer!



5. ADD CHICKEN & SEASON

Tear **chicken** into pieces. Stir into **rice**, cover again and leave for 5 minutes to warm through. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Fluff **rice** with a fork, spoon into bowls and top with **avocado sauce**, **lime wedges** and a handful of **tortilla strips** for crunch!

tip You can add some shredded cheese for the kids!