



DINNER TWIST
LOCAL, HEALTHY, DELIVERED

for the
little ones



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



4/6 Servings



Chicken

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	37g/38g	18g/21g	69g/73g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
RED CAPSICUM	1	2
CORN COB	1	2
BASMATI RICE	300g	300g + 150g
TOMATO PASTE	1 sachet	2 sachets
AVOCADO	1	2
LIME	1	2
BLACK BEANS	400g	2 x 400g
PRECOOKED CHICKEN	1 packet	2 packets
TORTILLA STRIPS	1 packet	2 packets

FROM YOUR PANTRY

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

COOKING TOOLS

large frypan with lid, stick mixer

You can use a pre-made Mexican spice mix if you prefer!

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** and **capsicum**. Cut **kernels** from **corn cob**.



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



2. COOK the VEGGIES

Heat a large pan with **1 tbsp oil** over medium heat. Add **onion, corn** and **capsicum**, cook 4-5 minutes until softened. Stir **2 tsp smoked paprika** and **2 tsp cumin**.

6P – use 3 tsp each smoked paprika and cumin.



3. ADD the RICE

Add **rice, tomato paste, crumbled stock cube** and **600ml 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.

6P – use 900ml for the rice.



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**.

6P – blend with juice from 1 lime, 1/2 cup water and salt.



5. ADD CHICKEN & BEANS

Drain and rinse **beans**, 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!



You can add some shredded cheese for the kids!