

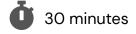




# Chicken in Enchilada Sauce

## with Lime Salsa

Chicken and veggies cooked in a homemade enchilada sauce served over nutty brown rice with fresh and zingy lime salsa.







Add to it!

You can customise this dish by adding some toppings at the end. Try chopping fresh herbs such as coriander, mint or oregano. You can also crumble over some feta or goat's cheese or add a dollop of sour cream.

TOTAL FAT CARBOHYDRATES

24g

#### FROM YOUR BOX

BROWN RICE	150g
CHICKEN TENDERLOINS	300g
BROWN ONION	1
GREEN CAPSICUM	1
TOMATO PASTE	1 sachet
TOMATO PASTE  LIME	1 sachet
LIME	1

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, smoked paprika, ground cumin

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

For extra flavour, crumble a stock cube into the sauce or add a few dashes of hot sauce, some diced jalapeño or dried chilli flakes.





#### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



## 2. COOK THE CHICKEN

Heat a large frypan over medium-high heat with oil. Coat chicken in oil, salt, pepper and 1 tbsp cornflour. Add to pan and cook for 2-4 minutes each side until browning begins.



#### 3. ADD THE VEGETABLES

Slice onion and capsicum. Add to pan with 2 tsp smoked paprika and 1 tsp cumin. Cook, stirring, for 2 minutes.



## 4. SIMMER THE SAUCE

Add tomato paste to pan and stir (see notes). Pour in 3/4 cup water and simmer for 4-6 minutes until thickened and chicken is cooked through. Season to taste with salt and pepper.



## 5. MAKE THE SALSA

Zest lime and juice 1/2 (wedge remaining). Dice cucumber and tomato. Add to a bowl, with lime zest, as you go. Toss to combine. Season to taste with **salt and pepper**.



## 6. FINISH AND SERVE

Divide rice among bowls. Top with chicken and vegetables. Spoon over sauce and top with salsa. Serve with lime wedges.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



