

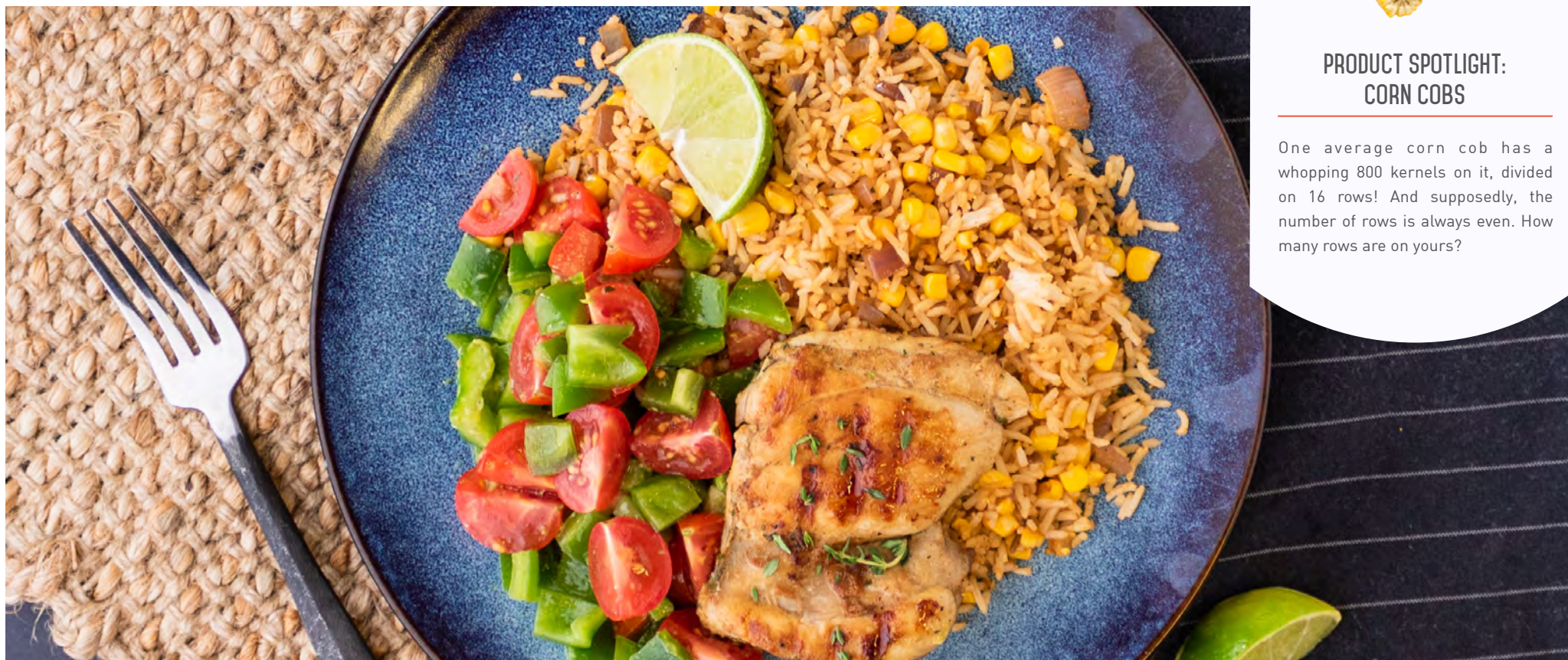


DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CORN COBS

One average corn cob has a whopping 800 kernels on it, divided on 16 rows! And supposedly, the number of rows is always even. How many rows are on yours?



2. MEXICAN RICE

WITH GRILLED CHICKEN AND SALSA

 30 Minutes

 2 Servings

Get your cravings for Mexican-style food satisfied with this family-friendly take on chicken, rice and salsa.

FROM YOUR BOX

BASMATI RICE	150g
AVOCADO	1
GREEN CAPSICUM	1/2 *
CHERRY TOMATOES	1/2 packet (100g) *
LIME	1
THYME	1/2 packet *
CHICKEN THIGH FILLETS	300g
RED ONION	1/2 *
CORN COB	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, smoked paprika, ground cumin

KEY UTENSILS

saucepan, frypan, grill/frypan

NOTES

Use rice tub to quickly measure right amount of water.

If preferred, leave the corn on the cob and grill or boil to enjoy on the side.

You can slice the chicken and mix with rice in step 5.

If you have any sour cream or mayonnaise, serve this at the table as well.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE SALSA

Dice avocado and capsicum. Halve cherry tomatoes. Mix in a bowl with **1/2 tbsp olive oil**, 1/2 tsp grated lime zest, juice from 1/2 lime, **salt and pepper**.

Wedge remaining lime.



3. COOK THE CHICKEN

Chop or pick thyme leaves.

Heat a grill/frypan over medium-high heat. Rub chicken with **oil**, 1 tsp fresh thyme, **1/2 tsp cumin, salt and pepper**. Cook for 5-6 minutes each side or until cooked through.



4. COOK THE CORN

Heat a frypan with **oil** over medium-high heat. Dice onion, remove kernels from corn (see notes), adding to pan as you go. Add remaining thyme, **1 tsp smoked paprika and 1/2 tsp cumin**. Cook for further 3-4 minutes.



5. ADD THE RICE

Add rice to the frypan with vegetables (see notes). Stir through and season with **salt and pepper**.



6. FINISH AND PLATE

Divide rice onto plates and top with chicken and salsa (see notes). Serve with a lime wedge.