



Chicken Burrito Bowl

Tender spiced chicken served over hearty brown rice with fresh corn, tomato, and spring onions, finished with a cooling yoghurt topping.



30 minutes



2 servings



Chicken

FROM YOUR BOX

BROWN RICE	150g
CORN COB	1
TOMATO	1
SPRING ONIONS	1 bunch
DICED CHICKEN BREAST	300g
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You can add extra vegetables such as diced capsicum, avocado, radishes, thinly shredded cabbage or lettuce to this bowl. Add some drained black beans or shredded cheddar cheese for extra protein.

1. COOK THE RICE

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

2. PREPARE THE TOPPINGS

Slice **corn** kernels off the cob and dice **tomato**. Toss together. Thinly slice **spring onions** (keep white ends separate).

TIP *Toss the tomato and corn with lime juice for freshness. You can char the corn if preferred.*

3. COOK THE CHICKEN

Coat **chicken** with seasoning of choice (see tip), **oil, salt, and pepper**. Heat a frypan over medium-high heat with **oil**. Add chicken and white ends of spring onions. Cook for 8–10 minutes tossing until golden and cooked through.

TIP *We coated the chicken with a pre made Mexican spice mix. You can use a blend of smoked paprika, ground cumin, cayenne pepper and dried oregano or thyme.*

4. FINISH AND SERVE

Assemble bowls with brown rice, chicken, toppings, and a dollop of **yoghurt**.

TIP *You can stir some crushed garlic or lime zest into the yoghurt for extra flavour. Add some fresh coriander or pickled jalapeños to garnish.*

This recipe has simplified instructions to help lower your meal cost.