



Mexican Street Corn Rice with Chicken

Wholesome brown rice seasoned with warm spices, served with juicy grilled chicken, smoky charred corn, and fresh capsicum.



35 minutes



4 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	23g	65g

FROM YOUR BOX

BROWN RICE	300g
DICED CHICKEN THIGHS	600g
CORN COB	1
TOMATO PASTE	2 sachets
GREEN CAPSICUM	1

FROM YOUR PANTRY

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

NOTES

You can transform this dish into a chicken burrito bowl! Serve the brown rice in bowls topped with seasoned chicken, corn and capsicum. Add some extra toppings such as tomato, avocado, fresh herbs or grated cheese. Or switch up the flavours with a sesame soy dressing to make a poké bowl.

You can cook the capsicum on the hotplate if preferred. Add extra vegetables to cook at the same time. Mushrooms, zucchini, and red onion work well!

1. COOK THE RICE

Place **brown rice** in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, or until tender. Drain and rinse, see step 3.

2. GRILL THE CHICKEN & CORN

Coat **chicken** with **oil, salt and pepper** (see tip). Remove husks and silks from **corn cob** and coat with **oil**. Cook on a hot plate or frypan over high heat for 10 minutes, turning, until corn is charred and chicken is tender (see notes).

TIP *You can season the chicken with dried oregano, lime zest, or ground spice such as ground cumin or paprika. We used 1 tbsp ground coriander.*

3. PREPARE THE FLAVOUR BASE

Heat **2 tbsp oil** in a frypan over medium heat. Add **1 tbsp ground cumin, 1/2 tbsp smoked paprika** and **1 crumbled stock cube**. Cook for 1 minute then stir in **tomato paste** and **1 cup water**. Cook for 2 minutes and toss in rice to combine well. Season to taste with **salt and pepper**.

TIP *You can add vegetables such as diced onion, celery or grated carrot. Instead of Mexican flavours you can stir through a curry paste or alternative flavour base to the rice. We used a chicken stock cube.*

4. FINISH AND SERVE

Remove corn from cob and dice **capsicum**. Serve Mexican rice topped with grilled chicken, corn kernels and capsicum.

TIP *You can add fresh coriander, sliced spring onions or diced tomato. Serve with yoghurt or sour cream if you have some!*

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