




Product Spotlight: Tomato


Did you know tomatoes are classified as an everyday superfruit? Naturally high in lycopene, they may help protect your DNA from damage which in turn helps prevent various cancers.



4 Mexican Red Rice Bowl with Chicken Tenderloins

Chicken tenderloins and vegetables roasted in cumin and smokey paprika, served with salsa over a bed of red rice and a feta dressing.

 30 mins

 2 servings

 Chicken

18 June 2021

Spice it up!

If you want to boost the flavour (and spice) in your chicken and vegetables, add 2 tsp ground coriander, 1 tsp dried oregano and 1 chipotle chilli (or 1 tsp chipotle chilli sauce), toss through the chicken and vegetables and roast.

Per serve: **PROTEIN** 52g **TOTAL FAT** 14g **CARBOHYDRATES** 72g

FROM YOUR BOX

RED RICE	150g
RED CAPSICUM	1
RED ONION	1/2 *
CHICKEN TENDERLOINS	300g
TOMATO	1
FETA	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin, smoked paprika, white wine vinegar, raw sugar (or sweetener of your choice)

KEY UTENSILS

saucepan, oven tray, stick mixer (or small blender)

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. COOK THE RICE

Set the oven to 220°C.

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



2. BAKE THE CHICKEN

Slice the capsicum and wedge red onion, add to a lined oven tray with chicken tenderloins. Coat in **oil** and season with **1/2 tbsp cumin, 1/2 tbsp paprika, salt and pepper**. Bake for 12-15 minutes until cooked through.



3. PREPARE THE SALSA

Dice the tomato and add to a bowl with **2 tsp vinegar**. Season with **salt and pepper** and mix together.



4. MAKE THE DRESSING

Using a stick mixer blend the feta with **1/4 cup water, 2 tsp vinegar, 1/2 tsp cumin, 1/4 tsp sugar and pepper** until it reaches a smooth consistency.



5. FINISH AND PLATE

Evenly divide rice among shallow bowls. Top with chicken, vegetables, salsa and drizzle over dressing.

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

