



Lifestyle Wellness Academy

NUTRITION PER SERVING:

CALORIES	360
PROTEIN	24 G
CARBOHYDRATE	32 G
TOTAL FAT	16 G

PREP TIME:	10 MINUTES
COOK TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	¼ OF BATCH

INGREDIENTS:

7 OZ	CHICKEN BREAST
2	CLOVES GARLIC, CRUSHED
½ C	RICE
½	RED ONION CHOPPED
½ C	SWEET CORN, DRAINED
½ C	RED KIDNEY BEANS, DRAINED
1	WHOLE TOMATO, PEELED, CHOPPED
1	MEDIUM AVOCADO, DICED
1 TBSP	LIME
½	CHILLI, CHOPPED
1 TSP	OREGANO
1 TSP	PAPRIKA
1 TSP	GROUND CUMIN
½ TSP	CHILLI FLAKES
	HANDFUL CORIANDER, CHOPPED



MEXICAN FRIED RICE

SOUTH OF THE BORDER FRIED RICE

- 01 Chop the chicken into cubes, season with salt, pepper, spices and crushed garlic.
- 02 Cook the rice according to the instructions on the packaging, drain, and transfer onto a plate and to cool.
- 03 Heat the oil in the pan over medium-high heat, and fry the chicken for about 3-4 minutes.
- 04 Add in the chopped onion and diced peppers and continue to cook for another 3-4 minutes.
- 05 Add the drained corn, beans and the cooked rice, mix well and cook for another 2 minutes.
- 06 Remove from the heat, and add the peeled and diced tomato, mix.
- 07 To serve, divide the rice between plates, top with avocado, drizzle with lime juice, and sprinkle with chopped chilli and coriander.

