





More Than Food

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## Mexican Chicken and Chorizo 'Dirty Rice'

'Dirty Rice' is usually associated with Cajun cooking and takes its name from the colour of the rice once it's mixed with meat and spices. We've given the dish a Mexican spin by using chorizo, paprika and black beans and balancing them with lime, tomatoes and coriander to create something really zingy and fresh. It seems you can't always judge a book by its cover!



40 mins



gluten free



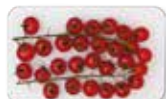
lactose free



Brown Rice



Onion



Cherry Tomatoes



Coriander



Organic Black Beans



Green Pepper



Smoked Paprika



Lime




Chicken Thigh



Chorizo

## Ingredients

	2P	4P
Brown Rice	1 cup	2 cups
Onion, diced	½	1
Cherry Tomatoes, quartered	½ punnet	1 punnet
Coriander, chopped	3 tbsp	5 tbsp
Organic Black Beans	1 tin	2 tins
Green Pepper, chopped	½	1
Smoked Paprika	1 tbsp	2 tbsp
Lime	½	1
Chicken Thigh	2	4
Chorizo 1	1 pack	2 packs

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Sulphites

**Nutrition per serving:** Calories: 695 kcal | Protein: 38 g | Carbs: 85 g | Fat: 23 g | Saturated Fat: 7 g



**1** Boil a large pot of water on high heat with ¼ tsp of salt for your rice. Rinse the rice under running water for 30 seconds and then add to the rapidly boiling water. Cook the rice for around 25 mins until it is soft then drain and keep to the side and allow to cool slightly.



**2** Peel and finely dice half the onion. Cut the cherry tomatoes into quarters. Roughly chop the coriander. Rinse and drain the black beans. Chop half the green pepper into 1cm pieces.



**3** Mix the smoked paprika with the zest of a one third of the lime, ¼ tsp of salt, pepper and 1½ tbsp of olive oil. Cut the chicken thighs into bite sized pieces and coat in the spice mix.



**4** Heat a frying pan over a medium-high heat with 1 tbsp of olive oil and cook the green pepper for 3 mins. Remove and cook the chorizo and onion for 5 mins or until the chorizo is crispy, then also remove from the pan. Add the chicken to the (now empty) pan and cook for 5-8 mins until cooked through. **Tip:** Cook the chicken in two batches to make sure you get this nice and brown.

**5** In a large bowl, mix the cooked rice, chorizo, onion, tomatoes, black beans and pepper with the cooked chicken and two thirds of your chopped coriander. Make a dressing with the remaining zest and juice of the lime, ¼ tsp of salt, some pepper and 1 tbsp of olive oil and mix with the rice salad. **Tip:** You can replace the olive oil with the pan juices from the chorizo and chicken.

**6** Divide the rice between your bowls, sprinkle over the remaining coriander and tuck in!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!