






Cooking Made Easy

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Mexican 'Dirty Rice' with Chicken and Chorizo

'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 min

 lactose free

 gluten free



Brown Rice



Onion



Cherry Tomatoes



Coriander



Organic Black Beans



Lime



Smoked Paprika



Chicken Thighs



Chorizo

Ingredients

	2P	4P
Brown Rice	1 cup	2 cups
Onion, diced	½ cup	1 cup
Cherry Tomatoes, quartered	1 cup	2 cups
Coriander, chopped	½ bunch	1 bunch
Organic Black Beans	½ tin	1 tin
Lime	½	1
Smoked Paprika	1 tbsp	2 tbsp
Chicken Thigh	3	6
Chorizo	¼ cup	½ cup

⊕ May feature in another recipe

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

Allergens

N/A

Nutrition per serving: Calories: 831 kcal | Protein: 52 g | Carbs: 103 g | Fat: 23 g | Saturated Fat: 7 g



1 Boil a large pot of water on high heat with ½ 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.

of the lime, ⅓ 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.



2 Peel and finely dice half the onion. Cut the cherry tomatoes into quarters. Roughly chop the coriander. Rinse and drain the black beans.

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



3 Mix the smoked paprika with the zest of half the lime, ¼ tsp of salt, pepper and 1 tbsp of olive oil. Cut the chicken into bite sized pieces and coat in the spice mix.

4 Heat a frying pan over a medium-high heat with 2 tsp of olive oil and cook the chorizo and onion for 5 mins or until crispy then remove from the pan and keep to the side. Add the chicken to the (now empty) pan and cook for 5-8 mins until cooked through.



5 Mix the rice, beans, tomatoes, chorizo and onions with the cooked chicken and all but 1 tbsp of the coriander. Make a dressing with the remaining zest and juice