



HEALTHY ONE PAN MEXICAN CHICKEN RECIPE

☰ Prep: 15 mins

🕒 Cook: 20 mins

🍴 Servings: 2

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Ingredients

- ▲ spray olive or canola oil spray
- ▲ 1/2 onion, chopped
- ▲ 2 cloves garlic, chopped
- ▲ 200 g skinless chicken breast
- ▲ 1 tsp smoked paprika
- ▲ 1 tsp ground coriander
- ▲ 1 tsp ground cumin
- ▲ 2/3 cup rice (uncooked)
- ▲ 1/2 capsicum, chopped
- ▲ 1/2 zucchini, chopped
- ▲ 1 x 400 g can no-added-salt diced tomatoes
- ▲ 2/3 cup water
- ▲ 2 tsp reduced-salt vegetable stock powder
- ▲ fresh coriander, optional

Method

1. Heat oil in a large, non-stick frying pan that has a lid. Cook onion and garlic for 2 minutes, until softened.
2. Add chicken and cook for another 3 minutes, until the chicken has a light golden colour but is not quite cooked through.
3. Add the spices and rice and cook for a minute, stirring.
4. Add the rest of the ingredients and bring to the boil, stirring often
5. Reduce the heat, put the lid on and simmer, stirring every 5 minutes. If the dish is dry or sticking to the pan, add a splash of water, stir and put the lid back on. It's ready when the chicken is cooked though and the rice is tender, about 12-15 minutes. Serve with lime wedges and fresh coriander.

Comment: This recipe uses white rice (like long grain or basmati). Using brown rice will take at least twice as long to cook and may need more liquid.

Variation: Use 2 tsp of curry powder instead of the smoked paprika to travel from Mexico to India



Ingredients for one pan Mexican chicken



All the ingredients are in, ready for step 5 - simmering.

Nutrition Information

	per serving	per 100g
Energy	2194 kJ	362 kJ
	524 Cal	87 Cal
Protein	36 g	6 g
Fat, total	8 g	1 g
— saturated	2 g	0.3 g
Carbohydrate	70 g	12 g
— sugars	12 g	2 g
Sodium	708 mg	117 mg
Fibre	10 g	2 g