# **Family Meal**

# CHICKEN BURRITO BOWLS

This dish is so much fun! Line all the options up on the table for everyone to make their own burrito bowl with their favourite flavours.

#### **SERVES 4**

#### **INGREDIENTS**

#### Chicken

500 grams of boneless, skinless chicken thighs 1 tablespoon of smoked paprika 1 tablespoon of ground cumin Juice and rind of 1 lime 1 pinch of salt 2 tablespoons of olive oil

#### Corn and salsa

2 fresh corn on the cob 2 medium heirloom tomatoes 1 ripe avocado 1/2 red onion1 lime1/2 bunch of fresh coriander

#### **Extra additions**

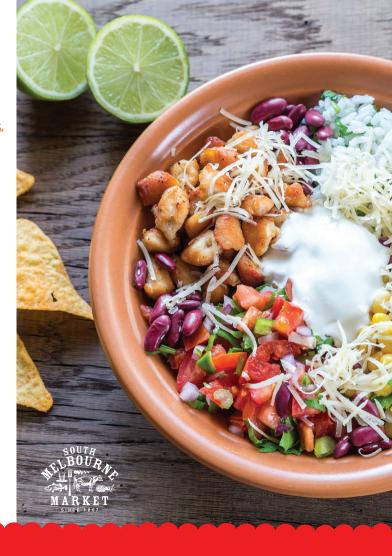
1 cup of freshly grated cheddar cheese 1 cup of sour cream 2 cups of cooked rice 1 tin of black beans — rinsed Corn chips



UP FOR THE CHALLENGE?
MAKE YOUR OWN TORTILLA
CHIPS! SCAN THE QR CODE
TO FIND THE RECIPE.







# Family Meal

# CHICKEN BURRITO BOWLS

## METHOD

#### STEP 1

#### Marinate the chicken

- •Carefully cut the chicken thighs into 2 cm cubes.
- In a bowl, mix together the spices, lime juice, salt and 1 tablespoon of olive oil.
- Pop your chopped chicken into the marinade and mix. Cover and put in the fridge until ready to cook.

# UP FOR THE CHALLENGE? MAKE YOUR OWN TORTILLA CHIPS! SCAN THE OR CODE



TO FIND THE RECIPE.

#### STEP 2

### Prep your veggies

- Remove the outer leaves and silks from the corn and rinse well.
- In a hot and dry pan, brown your corn on each side.
- Remove from pan and allow to cool.
- Cut the corn cobs in half.
   Stand the corn on the end, and using a sharp knife, carefully cut down the side to remove the kernels.
   Put in a serving bowl.
- Chop the tomatoes, onion, avocado and coriander into small, uniform, pieces and toss in a bowl with the juice of the lime and a pinch of salt and pepper.

#### STEP 3

## Cook your chicken

- Using the same pan as the corn, place on a medium heat and add 1 tablespoon of olive oil.
- Place chicken in and toss for 6 minutes or until cooked through.
- Once cooked remove from pan and allow to rest for a few minutes.



BE VERY CAREFUL WHEN CUTTING THE CORN. IT MIGHT HELP HAVING AN ADULT TO KEEP THE COB STEADY WHILE YOU DO THIS.

#### STEP 4

# Plate up!

 Put the extra additions into bowls and place on the table, along with the chicken, corn kernels and salsa.

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•To make your bowls, place cooked rice in the bottom of your bowl and then top with the cooked chicken, salsa, corn and other accompaniments of your choice!

THE LONGER THE CHICKEN
IS MARINATED THE MORE
FLAVOURFUL IT WILL TASTE!
YOU CAN ALWAYS DO
THIS AHEAD OF TIME IN
ANTICIPATION FOR COOKING.