



CHICKEN CHILLI RICE

-  **Prep: 5 minutes**
-  **Cook: 15 minutes**
-  **Serves: 4**

INGREDIENTS:

- 200g long grain rice
- 1 tbsp oil
- 500g chicken breast fillets, sliced
- 1 red chilli, deseeded and thinly sliced
- ½ tsp hot chilli powder
- 300g pack stir fry vegetables
- 195g can sweetcorn, drained
- 1 tsp **LoSalt**
- 400g can chopped tomatoes
- Soured cream and guacamole to serve

METHOD:

1. Cook the rice according to the pack instructions, drain.
2. Meanwhile, heat the oil in a large frying pan and fry the chicken for 5 minutes to brown. Add the chilli, chilli powder, stir fry vegetables and sweetcorn and fry for 3 minutes. Stir in the **LoSalt**, chopped tomatoes and a splash of water and cook for a further 2 minutes.
3. Stir in the rice and serve with soured cream and guacamole.

Each serving contains



of your guideline daily amount

COOKS TIP:

For a less spicy dish, use mild chilli powder. Use different varieties of stir fry vegetables.