

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 onion  
1 lime  
1/2 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

**JUNIOR CHEF  
CHALLENGE**



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



SOUTH  
MELBOURNE  
MARKET  
SINCE 1867



# 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?

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### 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.
- 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.**

