



PERI PERI CHICKEN

Aim: To provide a protein and fibre packed flavour punch!

Ingredients

Peri Peri Chicken

- 500g chicken breast, cut into strips
- 50ml medium peri peri sauce
- 1/2 tsp smoked paprika
- 1/2 tbsp olive oil

Veggie Rice

- 100g brown rice (raw)
- 100g red onion, diced
- 200g cucumber, diced
- 200g tomatoes, diced
- 200g peppers, diced
- 50g 0% fat Greek yoghurt
- 1/2 tbsp olive oil
- Pinch cumin powder, salt & pepper
- Juice 1/2 lemon

Directions

READY IN: 30 // SERVINGS: 4

1. Cook the rice according to packet instructions, drain and set aside.
2. Meanwhile, toss the chicken in the peri peri sauce and paprika. Heat the olive oil in a frying pan, and fry the chicken until bronzed and cooked through.
3. Combine the veggie rice ingredients (the rice is served cold), top with the chicken and eat! This will keep in the fridge for up to 5 days.

Variations to consider: For an iron hit, use beef instead of chicken. Want a lower carb option, switch the rice for cauliflower rice. Or not a fan of rice, switch to couscous or another grain.

CALORIES

398

CARBOHYDRATE

33

PROTEIN

41

FAT

11