

30 minutes

Serves 4

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Ingredients:

- 4 (about 400g) chicken breast fillets
- Olive oil, for grilling and dressing
- 1 tsp (5ml) each paprika and cumin
- Salt and milled pepper
- 1 can (400g) corn kernels, drained and patted dry
- 1 packet (200g) medley tomatoes
- 1 packet (250g) snacking peppers
- 1 can (400g) black beans or red kidney beans
- 1 punnet (20g) fresh coriander, chopped
- 3 limes
- 3 cups (750ml) cooked white long-grain rice

Method

1. Drizzle chicken with oil and rub with spices. Season.
2. Heat a griddle pan until almost smoking hot.
3. Grill chicken until tender, cooked through and well-charred, about 8-10 minutes.
Remove and slice.
4. Wipe griddle pan clean, then toss corn on the grill until charred.
5. Combine charred corn with tomatoes, peppers, beans and half the coriander in a bowl.
6. Dress with olive oil and juice of 1 lime. Season.
7. Flavour rice with remaining coriander and juice and grated peel of 2 limes. Season well.
8. Serve chicken, rice and salad all together in serving bowls.

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