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Mexican Chicken Rice Bake

No: Gluten / Egg / Nuts - Contains: Dairy - *Variations: Can be made without Dairy

This recipe has been shared with us by Christina Mende. We are sure this will become a new family favourite. We love meals that feed a crowd, are jam packed full of flavour and impress the kiddies. This can be frozen, so if you only need a small serve, make it in two smaller dishes and freeze one for another day!

"This recipe has been a huge family favourite since I made it up a year or two ago!" -
Christina

Preparation Time 50 minutes

Cooking Time 35 minutes

Serves 6-8, can double sauce

Can be frozen

Ingredients

Mexican chicken:

1L water

500g chicken breast or thigh, cubed

1 small brown onion, peeled and quartered

1 large or 2 small garlic cloves, peeled

40g butter, plus extra for greasing (*use oil for DF)

30g vegetable or chicken stock concentrate

2 large fresh tomatoes, quartered (or 200g tinned tomatoes, whole)

1 small or 1/2 large capsicum

1 small carrot, peeled and quartered

15-30g taco seasoning (make your own with the [Taco Seasoning](#) recipe from [The 5 Ingredients Issue](#))

Rice:

3-4 cups cooked rice, OR

300g uncooked white medium grain rice

To serve:

400g tin of kidney beans, optional

2 cups salsa (make your own with the [Chunky Tomato Salsa](#) recipe from [The BBQ Issue](#), the [Fresh Tomato Salsa](#) recipe from [The Thrifty Issue](#) or the [Chargrilled Corn and Black Bean Salsa](#) recipe from [The Dinner Party Issue](#))

200g cheese, grated (*omit for DF)

guacamole (make your own with the [Gua-KALE-mole](#) recipe from [The Healthy Eating](#)

[Issue](#) or the [Chunky Guacamole with the Lot](#) recipe from [The 5 Ingredients Issue](#))
fresh avocado slices
sour cream, to serve (*omit for DF)

Method

1. If you need to grate your cheese, add cubed cheese (200g) to the bowl and grate **Speed 7 / 5-10 seconds**.
2. (If you don't have cooked rice, you can put your dry rice (300g) in the internal steaming basket in this step. Set the basket in place.) Add warm water (1L) to the bowl. Place your chicken pieces (500g) on the steaming attachment upper tray, leaving enough gaps for steam to circulate. Program **17 minutes / Steaming Temperature / Speed 4**.
3. Set the steaming attachment aside and empty the water from the bowl. Your chicken may not be cooked through at this point – it will be cooked further later.
4. Preheat the oven to 190C. Grease a large (at least 2L) baking dish and place your cooked rice (3-4 cups) into the dish.
5. Without cleaning the bowl, add the onion (1) and garlic cloves (1-2) to the bowl. Chop **Speed 5 / 8 seconds**. Scrape down sides.
6. Add the butter (40g) and stock concentrate (30g) to the bowl. Program **4 minutes / Steaming Temperature / Speed 1**.
7. Tip the onion mixture onto the rice in your baking dish and stir through using your spatula. No need to clean the bowl.
8. Add the tomatoes (2), capsicum (1) and carrot (1) to the bowl. Chop **Speed 6 / 10 seconds**. Scrape down sides. Repeat for a few more seconds if carrot pieces are too large.
9. Add the taco seasoning (15-30g) to the bowl. Mix on **Speed 4** until the seasoning is incorporated.
10. Add the steamed chicken to the bowl. Program **6 minutes / Steaming Temperature / Reverse+Speed 1**, measuring cap on.
11. Pour the chicken and sauce into the baking dish and stir with a spatula. Add the beans (400g tin) to the baking dish, if using.
12. Top with salsa (2 cups), then grated cheese (200g).
13. Bake uncovered for 10 minutes or until cheese is nice and golden.
14. Serve with guacamole or avocado and sour cream.
15. Enjoy!

This recipe can be found in The Readers Issue, including any associated images, videos and links.