



## POST WORKOUT SET RECIPE OPTION

# Cuban chicken

## INGREDIENTS (1 serving)

### FREEZABLE

- 20g (0.6oz) coconut oil
- 365g (12.8oz) skinless chicken breast, cut into 1cm strips
- 2 limes, juice and zest
- 1 garlic clove, grated
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp dried onion powder - optional
- 25ml (0.8 fl. oz) low sodium soy sauce
- 210g (7.3oz) pre-cooked brown rice or 70g (2.4oz) uncooked brown rice
- 175g (6.2oz) green vegetables (spinach, kale, broccoli, pea pods or green beans)

This dish is super quick to throw together, a great dish to have hot or cold. Fill up those Tupperwares and off you go.

## METHOD

Melt the coconut oil in a wok or large frying pan over a medium to high heat. Add the chicken and stir fry for 3-4 minutes. While the chicken is cooking make the sauce by mixing together the lime juice and zest, garlic, cumin, oregano, onion powder and soy sauce.

Increase the heat to high and add the sauce you have made, fry for a further 3-4 minutes or until the chicken is cooked. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Cook your rice as per the packet instructions, pile onto a plate with a portion of your favorite green vegetables steamed, blanched or boiled. Pile the chicken onto the rice and enjoy.