



Traffic light category: **Green**

Serves: 6-8 cups

## Ingredients

- 2 raw chicken breasts, skin removed and diced
- ½ packet taco seasoning mix
- Cooking spray
- 1½ cups corn kernels
- 1 red capsicum, diced
- Handful of coriander
- 1 lime
- 1 ripe avocado, diced
- 1 large tomato, diced
- ½ red onion, diced
- 3 cups cooked brown rice
- 3 cups lettuce, shredded
- 240g tin red kidney beans, drained and rinsed
- 1 cup reduced fat cheese, grated
- 2 tablespoons sliced pickled jalapeno (optional)
- 6 tablespoons light Greek yoghurt

## Method

1. Place chicken and taco seasoning in a snap lock bag, rub until chicken is coated
2. Place a non stick pan over medium heat, spray lightly with cooking spray, add chicken and cook, stirring until golden brown. Allow to cool
3. Place corn, capsicum and coriander in a mixing bowl, add a squeeze of lime juice, mix gently
4. Place avocado, tomato and red onion in a mixing bowl, add a squeeze of lime juice, mix gently
5. Line up tall plastic cups on a bench
6. Spoon rice into cups, followed by kidney beans, shredded lettuce, corn mix, avocado mix then chicken
7. Top with a sprinkle of cheese, jalapenos if using and a dollop of Greek yoghurt

*Recipe adapted with permission from the Western Australian School Canteen Association Inc.*

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