

## MEXICAN CHICKEN AND PEPPER DISH

“This is the perfect lunch or light supper dish during the summer and it can be prepared in advance”

### **Recipe Ingredients:**

1 lb cooked chicken, cut into strips

½ cup mayonnaise

½ cup natural yogurt

1 tsp chili powder

1 tsp paprika

pinch cayenne pepper

½ tsp tomato paste

1 tsp onion paste

1 green pepper, seeded and finely sliced

6oz frozen sweet corn, defrosted

6oz long-grain rice, cooked

### **Recipe Instructions**

Place the chicken strips in a large salad bowl. Mix the mayonnaise, yogurt, spices, tomato and onion pastes together and leave to stand briefly for flavors to blend.

Fold dressing into the chicken. Add the peppers and sweet corn and mix gently until all the ingredients are coated with dressing. Place the rice on a serving dish and pile into the center. Serve immediately.