



Ingredients

1 1/2 lbs boneless, skinless chicken breasts (about 3 large)
1 tsp ground cumin
1/2 tsp chili powder
1/2 tsp paprika
1/2 tsp ground coriander
2 tsp minced garlic (2 cloves)
Salt and freshly ground black pepper
1 (15 oz) low sodium can black beans, drained and rinsed
1 1/4 cups frozen corn, thawed*
1 Tbsp fresh lime juice
1/4 cup chopped cilantro
1 large avocado, sliced
1 mango, sliced (optional)
Coconut Rice
1 1/2 cups jasmine rice, rinsed very well and drained well
1 1/2 cups coconut water or water
1 1/4 cups full fat canned coconut milk (well shaken)

Instructions

For the chicken

Place chicken breasts pan/skillet and cook to 170 degrees internal temp.
Sprinkle with cumin, chili powder, paprika, coriander and garlic. Season with salt and pepper.
Remove chicken from pan and transfer to a cutting board, and shred or dice chicken
Warm up your corn and black beans in a pot
Place the shredded chicken along with lime juice and cilantro into the pot with the beans and corn and let simmer on low heat
Serve warm over coconut rice along with avocados and mangos.

For the coconut rice

Bring coconut water or water, coconut milk, rice and 1/2 tsp salt to a boil in a large saucepan over medium-high heat.
Cover and reduce heat to low. Simmer until liquid has been absorbed, about 20 minutes.
Let rest off heat for 10 minutes.

Mango & Avocado Chicken Bowl w/Coconut Rice