



MEXICAN 1,2,3, 4 DISH

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 15 mins

Serves: 2



INGREDIENTS

- 1 tsp pink salt
- 2 tsp Mexican spice
- 3 tsp tumeric powder, ground
- 4 tsp coconut oil
- 1 cup spring onions, sliced
- 2 cups chicken thighs, diced into 1cm pieces
- 3 cups small mushrooms, sliced
- 4 cups baby spinach leaves

METHOD

- In frying pan, melt coconut oil on medium high heat.
- Add salt, *Mexican spice* and tumeric powder and stir cooking for 3 minutes.
- Add onions, chicken and mushrooms and stir cooking for 7 -8 minutes.
- Add spinach and stir cooking for 5 minutes.
- Serve with a dollop of natural coconut yoghurt and a squeeze of lime juice.