Main dishes / Costa Rica

Casado



A lunch plate of rice, beans, salad, plantain and meat, each in its own sector.

Time 75 min **Servings** 4

What you'll need.

- ☐ 600 g Chicken breast
- ☐ 400 g Black beans — cooked
- ☐ 300 g Chayote or courgette
- ☐ 200 g Cabbage
- ☐ 2 tbsp Salsa Lizano
- ☐ 4 clove Garlic
- ☐ 60 ml Vegetable oil
- ☐ 350 g Rice
- ☐ 2 piece Plantain — ripe
- ☐ 2 piece Carrot
- ☐ 2 piece Tomatoes
- ☐ 2 piece Lime
- ☐ 30 g Coriander
- ☐ Salt and pepper — to taste

Let's make it.

01 Marinate the chicken in lime juice, garlic, Salsa Lizano, salt and pepper for twenty minutes.

02 Cook the rice loose and warm the beans with a spoon of their liquid.

03 Dice the chayote and carrot small and stew them with garlic for ten minutes; that is the picadillo.

04 Fry the chicken over medium heat, six minutes a side.

05 Fry the ripe plantain slices to a caramel colour.

06 Toss the shredded cabbage with tomato, coriander, lime juice and salt.

07 Build the plate in sectors: rice, beans, chicken, picadillo, salad, plantain — unmixed.

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