



## Caribbean Chicken with Pineapple Cilantro

SERVINGS 4 ⌚ PREP TIME 20 mins COOK TIME 30 mins

### INGREDIENTS

- 1 tablespoon **La Fe Brown Sugar**
- 1 teaspoon **La Fe Ground Black Pepper**
- 1 teaspoon dried thyme
- 1 teaspoon **La Fe Ground Cumin**
- 1 teaspoon garlic salt
- 1 teaspoon paprika
- **La Fe Sazón**
- ½ teaspoon chili powder
- ½ teaspoon ground nutmeg
- 4 skinless, boneless chicken breast halves
- 1 cup uncooked **La Fe White Rice**
- 1½ cups water
- 1 (8 ounce) can sliced Mango in juice, drained - divided/**La Fe Mango Pulp**
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon **La Fe Vegetable Oil**
- 1 pinch garlic salt
- 1 pinch **La Fe Ground Black Pepper**

### DIRECTIONS

1. Preheat the oven to 350° F (175° C).
2. Mix together the La Fe brown sugar, 1 teaspoon of La Fe black pepper, thyme, La Fe cumin, 1 teaspoon of garlic salt, paprika, chili powder, La Fe sazón, and nutmeg in a bowl until thoroughly combined. Rub both sides of chicken breasts with the spice mixture, and place into a 9x9-inch baking dish. Sprinkle any remaining seasoning mix on top of chicken, if desired.
3. Bake in the preheated oven until the chicken is lightly browned, no longer pink inside, and the juices run clear, about 30 minutes. An instant-read meat thermometer inserted into the thickest part of a chicken breast should read at least 160° F (70° C).
4. While chicken is baking, bring the La Fe rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
5. Mix La Fe pineapple pulp, cilantro, and La Fe vegetable oil into the cooked rice, and season to taste with a pinch or two of garlic salt and black pepper. Fluff the rice up with a fork, and transfer to a serving platter. Serve with the baked chicken, topped with remaining pineapple slices.