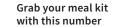


Mexican Popcorn Chicken & Garlic Rice

with Charred Corn-Tomato Salsa & Mayonnaise

KID FRIENDLY













Tomato

Baby Spinach





Sweetcorn

Chicken Breast





Spice Blend

Cornflour



Mayonnaise





Recipe Update Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

Prep in: 20-30 mins Ready in: 30-40 mins



Tonight's chicken is really 'popping off' (please forgive the pun). A touch of heat and the fun of Mexican inspired flavours and you've got chicken that will be popping with flavour (sorry we couldn't help it). Fragrant garlic rice helps to balance with the smokey sweet corn and tomato salsa. It's bound to be a pop-ular dish (okay we're done now).

Pantry items

Olive Oil, Butter, Plain Flour, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
white rice	1 medium packet	1 large packet
butter*	20g	40g
water*	1¼ cups	2½ cups
tomato	1	2
baby spinach leaves	1 small packet	1 medium packet
sweetcorn	1 medium tin	1 large tin
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	½ large sachet	1 large sachet
cornflour	1 medium sachet	2 medium sachets
plain flour*	1 tbs	2 tbs
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
* Danton / Hama		

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3061kJ (732cal)	677kJ (150cal)
Protein (g)	44.8g	9.9g
Fat, total (g)	28.9g	6.4g
- saturated (g)	8.6g	1.9g
Carbohydrate (g)	70.2g	15.5g
- sugars (g)	9.6g	2.1g
Sodium (mg)	783mg	173.2mg
Dietary Fibre (g)	5.8g	1.3g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic rice

- Finely chop garlic. Rinse and drain white rice.
- In a medium saucepan, heat the **butter** with a dash of olive oil over medium heat. Cook garlic until fragrant, 1-2 minutes.
- · Add rice, the water and a generous pinch of salt, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- · Cook for 10 minutes, then remove from heat and keep covered until rice is tender and the water is absorbed, 10 minutes.

TIP: The rice will finish cooking in its own steam, so don't peek!



Get prepped

- · Meanwhile, roughly chop tomato and baby spinach leaves.
- Drain sweetcorn.
- Cut chicken breast into 2cm chunks.

Little cooks: Older kids can help out with the can opener under adult supervision.



Char the corn

- Heat a large frying pan over high heat. Cook sweetcorn until lightly browned, 4-5 minutes. Transfer to a medium bowl.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Meanwhile, combine Tex-Mex spice blend (see ingredients), a pinch of salt and a drizzle of olive oil in a second medium bowl. Add chicken, toss to coat. Set aside.

TIP: Cover the pan with a lid if the corn kernels are 'popping'out.



Cook the chicken

- Add cornflour and the plain flour to the chicken and toss to coat.
- Return frying pan to high heat with enough olive oil to coat the base of the pan.
- When oil is hot, dust off any excess **flour** from chicken, then cook, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.
- Transfer to a paper towel-lined plate.



Toss the salsa

- · While the chicken is cooking, add tomato, spinach and a drizzle of white wine vinegar and olive oil to the bowl with the corn.
- Season to taste and toss to combine.

Little cooks: *Take the lead by tossing the salsa!*



Finish & serve

- Divide garlic rice and charred corn-tomato salsa between bowls.
- Top with Mexican popcorn chicken and dollop over mayonnaise to serve. Enjoy!





