



Mexican Popcorn Chicken & Garlic Rice

with Charred Corn-Tomato Salsa & Mayonnaise

KID FRIENDLY

Grab your meal kit with this number

1



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!



Garlic



White Rice



Tomato



Baby Spinach Leaves



Sweetcorn



Chicken Breast



Tex-Mex Spice Blend



Cornflour



Mayonnaise



Beef Rump



Peeled Prawns

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

Eat Me Early

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 smoky 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

	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

*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.

1



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!

4



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.

2



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.

5



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!

3



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.

6



Finish & serve

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

We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



CUSTOM OPTIONS



SWAP TO BEEF RUMP

Cook, turning, for 3-4 minutes for medium-rare. Rest then slice before serving.



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

