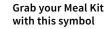
# Tex-Mex Chicken Fajita Bowl with Garlic Rice & Cheddar Cheese











Basmati Rice





Tex-Mex Spice Blend





Tomato

Chicken Thigh



**Baby Spinach** Leaves



Shredded Cheddar Cheese



Greek Yoghurt

**Pantry items** 

Olive Oil, Butter, White Wine Vinegar



Eat me early

Hands-on: 20-30 mins Ready in: 35-45 mins



It's a chicken fajita, but not as you know it! The secret ingredient to this succulent and tasty chicken is our signature Tex-Mex spice blend that brings mouth-watering flavour with each bite.

#### Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Oven tray lined with baking paper  $\,\cdot\,$  Medium saucepan with a lid  $\,\cdot\,$  Large frying pan

## Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
capsicum	2	4	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
basmati rice	1 packet	2 packets	
water*	1½ cups	3 cups	
salt*	1/4 tsp	½ tsp	
Tex-Mex spice blend	1 sachet	2 sachets	
chicken thigh	1 small packet	1 large packet	
tomato	1	2	
white wine vinegar*	½ tsp	1 tsp	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)	
Greek yoghurt	1 packet (100g)	1 packet (200g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g	
Energy (kJ)	3554kJ (849Cal)	525kJ (125Cal)	
Protein (g)	51.6g	7.6g	
Fat, total (g)	34.3g	5.1g	
- saturated (g)	16g	2.4g	
Carbohydrate (g)	78.6g	11.6g	
- sugars (g)	17.6g	2.6g	
Sodium (mg)	946mg	140mg	

#### 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.



## Prep the veggies

Preheat the oven to 220°C/200°C fan-forced. Cut the capsicum into 1cm strips.



#### Roast the capsicum

Spread the **capsicum** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until softened, **15-20 minutes**.



#### Cook the garlic rice

While the capsicum is roasting, finely chop the garlic. Melt the butter with a dash of olive oil in a medium saucepan over a medium heat. Add the garlic and cook until fragrant, 1-2 minutes. Add the basmati rice, water and the salt, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for 10 minutes, then remove from the heat and keep covered until the rice is tender and the water is absorbed, 10 minutes.

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



#### Cook the chicken

**SPICY!** This is a mild spice blend, but if you're extra sensitive to heat, feel free to add less. In a medium bowl, combine the **Tex-Mex spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **chicken thigh** and toss to coat. Heat a large frying pan to a mediumhigh heat with a drizzle of **olive oil**. Cook the **chicken** until browned, **2 minutes** each side. Transfer the **chicken** to the oven tray with the capsicum and roast until cooked through, **8-12 minutes** (depending on size of fillet).

**TIP:** Chicken is cooked through when it is no longer pink inside.



## Prep the tomato

While the chicken is roasting, roughly chop the **tomato**. In a small bowl, combine the **tomato**, white wine vinegar and a drizzle of **olive oil**.



#### Serve up

Remove the chicken from the tray and slice. Add the **baby spinach leaves** to the capsicum on the tray and toss to wilt slightly. Divide the garlic rice between bowls. Top with the chicken, veggies, dressed tomato and **shredded Cheddar cheese**. Serve with the **Greek yoghurt**.

#### Enjoy!

If you have any questions or concerns, please visit hellofresh.com.au/contact