



Tex-Mex Chicken Fajita Bowl

with Garlic Rice & Cheddar Cheese

Grab your Meal Kit with this symbol



Capsicum



Garlic



Basmati Rice



Tex-Mex Spice Blend



Chicken Thigh



Tomato



Baby Spinach Leaves



Shredded Cheddar Cheese



Greek Yoghurt

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

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

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.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	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*	¼ 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)

*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.

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

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Prep the veggies

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



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 medium-high 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.



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**.



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**.



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!



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!