

Easy Chipotle Chicken & Brown Rice Bowl with Pickled Onion Slaw & Ranch Yoghurt

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Red Onion



Baby Spinach

Mild Chipotle Sauce



Coriander





Ranch Dressing



Slaw Mix

Pantry items

Olive Oil, White Wine Vinegar

Prep in: 15-25 mins Ready in: 30-40 mins Naturally Gluten-Free

Not suitable for coeliacs

Calorie Smart | Eat Me Early

Dietitian Approved

This Mexican-inspired bowl is bursting with all the good stuff. From the subtly smokey chicken to the hearty brown rice, laced with a zingy pickled onion and juicy sweetcorn slaw, you're in for a treat! Top with a ranch dressing-spiked yoghurt for creaminess and tang, plus a coriander garnish for a refreshing hit of flavour to cut through the richness.

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

Medium saucepan · Large frying pan

Ingredients

-		
	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 medium packet	1 large packet
water*	3 cups	6 cups
sweetcorn	1 tin (125g)	1 tin (420g)
red onion	1/2	1
white wine vinegar*	1/4 cup	½ cup
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
ranch dressing	1 packet	2 packets
chicken breast	1 small packet	1 large packet
mild chipotle sauce	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
slaw mix	1 small bag	1 large bag
coriander	1 bag	1 bag

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2322kJ (555Cal)	490kJ (117Cal)
Protein (g)	45.6g	9.6g
Fat, total (g)	13.3g	2.8g
- saturated (g)	3.3g	0.7g
Carbohydrate (g)	57.9g	12.2g
- sugars (g)	10.9g	2.3g
Sodium (mg)	668mg	141mg

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.



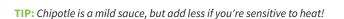
Cook the rice

- In a medium saucepan, bring brown rice and the water to the boil over high heat.
- Reduce heat to medium and simmer, uncovered, until rice is soft,
 25-30 minutes.
- Drain and return to saucepan.



Cook the chicken & finish the rice

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken until browned and cooked through, 5-6 minutes.
- Remove pan from heat, then add mild chipotle sauce, tossing chicken to coat. Season with salt and pepper to taste.
- Drain pickled onion. To the cooked brown rice, add baby spinach, slaw mix, pickled onion and corn. Add a dash of pickling liquid and a drizzle of olive oil. Toss to combine and season to taste.





Get prepped

- Drain **sweetcorn**. Thinly slice **red onion** (see ingredients).
- In a small bowl, combine the white wine vinegar and a good pinch of sugar and salt. Scrunch sliced onion in your hands, then add to pickling liquid.
 Add enough water to just cover onion. Set aside.
- Finely chop garlic, then transfer to a medium heatproof bowl with a drizzle
 of olive oil. Microwave in 10 second bursts until fragrant. Add Greek-style
 yoghurt and ranch dressing, stirring to combine. Set aside.
- Cut chicken breast into 2cm chunks.



Serve up

- Divide brown rice and pickled onion slaw mixture between bowls.
- Top with chipotle chicken and ranch yoghurt.
- Tear over **coriander** to serve. Enjoy!

