

# Easy Chipotle Chicken & Brown Rice Bowl

with Pickled Onion Slaw & Ranch Yoghurt

Grab your Meal Kit with this symbol



Brown Rice



Sweetcorn



Red Onion



Garlic



Mild Chipotle Sauce



Baby Spinach Leaves



Coriander



Greek-Style Yoghurt



Ranch Dressing



Chicken Breast



Slaw Mix

Prep in: **15-25 mins**  
Ready in: **30-40 mins**



Calorie Smart



Eat Me Early



Naturally Gluten-Free

*Not suitable for coeliacs*

Dietitian Approved

This Mexican-inspired bowl is bursting with all the good stuff. From the subtly smoky 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.

### Pantry items

Olive Oil, 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown rice	1 medium packet	1 large packet
<b>water*</b>	3 cups	6 cups
sweetcorn	1 tin (125g)	1 tin (420g)
red onion	½	1
<b>white wine vinegar*</b>	¼ 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](https://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 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.

3



## 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.

**TIP:** *Chipotle is a mild sauce, but add less if you're sensitive to heat!*

2



## 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.

4



## 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!

## We're here to help!

Scan here if you have any questions or concerns

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