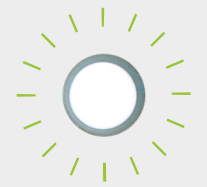




GRILLED TEX-MEX CHICKEN STRIPS

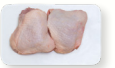
with Coconut Rice & Salsa



Learn to cook coconut rice



Coconut Milk



Chicken Thigh



Sweetcorn



Basmati Rice



Roma Tomato



Cucumber



Coriander



Lime



Greek Yoghurt



Tex-Mex Spice Blend

Hands-on: 25 mins
Ready in: 35 mins

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Spicy (Tex-Mex spice blend)

A tasty Mexican style bowl that the whole family will love. Coconut rice adds a ton of flavour to the base of this dish, and you'll love this marinade for the chicken strips. Remember, the longer you can give for this yoghurt and Tex-mex marinade to work on the chicken, the better!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan** with a **lid, sieve, large bowl, tongs, oven tray** lined with **foil** and **medium bowl**.



1 COOK THE COCONUT RICE

In a medium saucepan, add the **coconut milk, water (for the rice)** and **salt (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Simmer for **15 minutes**, or until the rice is tender and the liquid has absorbed.



2 GET PREPPED

While the rice is cooking, preheat the grill to high.

Drain the **sweetcorn**. Finely chop the **Roma tomato**. Finely chop the **cucumber**. Finely chop the **coriander**. Juice the **lime** to get **2 tsp**.



3 COOK THE CHICKEN

Slice the **chicken thigh** into 1cm strips. In a large bowl, combine the chicken thigh, **Greek yoghurt** and **Tex-Mex spice blend**. Season with the **salt (for the chicken)** and **pepper** and **drizzle** with **olive oil**. Toss to coat then transfer to the oven tray lined with foil. Grill for **10-12 minutes**, turning halfway through, or until cooked through and lightly charred. **TIP:** The charred bits add to the flavour!



4 MAKE THE SALSA

While the chicken is grilling, combine the **Roma tomato, cucumber, lime juice** and **1/2 the coriander** in a medium bowl. **TIP:** If you have fussy kids, keep some of the salsa without coriander! Season with **salt** and **pepper** and **drizzle** with **olive oil**. Mix to combine.



5 FINISH THE RICE

Stir the **sweetcorn** and remaining **coriander** through the coconut rice. Season with a **pinch** of **pepper**.



6 SERVE UP

Divide the corn and coconut rice between bowls and top with the grilled chicken. Serve with the tomato salsa.

TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
coconut milk	1 tin (400 mL)
water* (for the rice)	1 ½ cups
salt* (for the rice)	½ tsp
basmati rice	2 packets
sweetcorn	1 tin (300 g)
Roma tomato	2
cucumber	1
coriander	1 bunch
lime	1
chicken thigh	1 packet
Greek yoghurt	1 tub (100 g)
Tex-Mex spice blend	2 sachets
salt* (for the chicken)	¼ tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3340kJ (799Cal)	623kJ (149Cal)
Protein (g)	43.9g	8.2g
Fat, total (g)	32.9g	6.1g
- saturated (g)	17.0g	3.2g
Carbohydrate (g)	74.1g	13.8g
- sugars (g)	8.9g	1.7g
Sodium (g)	987mg	184mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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