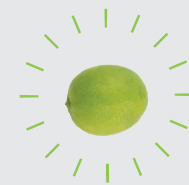




# PULLED MEXICAN CHICKEN & RICE BOWL

with Guacamole & Tomato Salsa



Get more juice  
from your lime



Garlic



Taco Spice Blend



Chicken Thigh



Tomato Paste



Basmati Rice



Avocado



Lime



Roma Tomato



Spring Onion

Hands-on: **25 mins**  
Ready in: **30 mins**

Eat me early

We can't lie, we love a good bowl. Least of all because this chicken and rice number requires so little fussy assemblage – it's straight in the bowl and ready to jump into your mouth!

**Pantry Staples:** Olive Oil, Water, Salt, White Wine Vinegar



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **sieve, two medium saucepans** (one with a lid), **garlic crusher, chef's knife, chopping board, two medium bowls, tongs, two forks**, and a **small bowl**.



### 1 COOK THE RICE

Rinse the **basmati rice** well. Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. **TIP:** Don't lift the lid while the rice is resting so you don't lose any steam!



### 2 PREP THE CHICKEN

Peel and crush the **garlic**. In a medium bowl, combine **1/2** the garlic, the **taco spice blend**, a **drizzle of olive oil** and the **chicken thigh**. **TIP:** If you don't like the taste of raw garlic, use it all in the chicken!



### 3 COOK THE CHICKEN

Heat a **drizzle of olive oil** in a medium saucepan over a medium-high heat. Cook the **chicken thigh** for **2 minutes** on each side, or until golden. Add the **tomato paste, warm water (for the chicken), salt (use suggested amount)** and a **pinch of pepper** and mix well. Reduce the heat to low and cook, covered, for **10-12 minutes**, or until the chicken is cooked through. Shred the chicken using two forks. **TIP:** Feel free to slice the chicken if you prefer.



### 4 MAKE THE GUACAMOLE

While the chicken is cooking, dice the **avocado**. In a medium bowl, combine the avocado, the juice of **1/2** the **lime** and the **remaining garlic**. **TIP:** Roll the lime on the counter to help release more juice and then cut in half. Season to taste with a **pinch of salt** and **pepper** and lightly mash with a fork.



### 5 MAKE THE TOMATO SALSA

Dice the **Roma tomato**. Finely slice the **spring onion**. In a small bowl, combine the tomato and spring onion. Add the **white wine vinegar** and a **drizzle of olive oil**. Season to taste with a **pinch of salt** and **pepper** and mix well.



### 6 SERVE UP

Divide the basmati rice, pulled chicken, guacamole and tomato salsa between bowls. Cut the remaining lime into wedges and serve on the side.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
basmati rice	1 packet (3/4 cup)	2 packets (1 1/2 cups)
water* (for the rice)	1 1/2 cups	3 cups
garlic	2 cloves	4 cloves
taco spice blend	1 sachet (2 tsp)	2 sachets (1 tbs)
chicken thigh	1 packet	1 packet
tomato paste	1 sachet (2 tbs)	2 sachets (4 tbs)
warm water* (for the chicken)	1/2 cup	3/4 cup
salt*	1/2 tsp	1 tsp
avocado	1	2
lime	1	2
Roma tomato	2	4
spring onion	1 bunch	1 bunch
white wine vinegar*	1 tsp	2 tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3100kJ (742Cal)	407kJ (97Cal)
Protein (g)	42.3g	5.6g
Fat, total (g)	30.7g	4.0g
- saturated (g)	7.7g	1.0g
Carbohydrate (g)	69.8g	9.2g
- sugars (g)	6.9g	0.9g
Sodium (g)	339mg	45mg

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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