



Mexican Chicken Quinoa Bowl

with Creamy Slaw & Charred Corn Salsa

Grab your Meal Kit with this symbol



Garlic



Tri Colour Quinoa



Corn



Carrot



Spring Onion



Lime



Tomato



Chicken Tenderloins



Mexican Fiesta Spice Blend



Shredded Cabbage Mix



Garlic Aioli



Greek-Style Yoghurt

- Hands-on: **20-30 mins**
- Ready in: **30-40 mins**
- Naturally gluten-free
Not suitable for Coeliacs
- Spicy (Mexican Fiesta spice blend)
- Eat me early
- Calorie Smart

The secret to an amazing quinoa bowl? Add a creamy rainbow slaw, mildly spiced chicken and a charred corn salsa. Mix together for a truly nutritionally balanced meal.

Pantry items

Olive Oil

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
tri colour quinoa	1 packet	2 packets
water*	1½ cups	3 cups
corn	1 cob	2 cobs
carrot	1	2
spring onion	2 stems	4 stems
lime	½	1
tomato	1	2
chicken tenderloins	1 small packet	1 large packet
Mexican Fiesta spice blend	1 sachet	2 sachets
shredded cabbage mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	½ packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2683kJ (641Cal)	480kJ (114Cal)
Protein (g)	49.7g	8.9g
Fat, total (g)	24.2g	4.3g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	48.6g	8.7g
- sugars (g)	19g	3.4g
Sodium (mg)	791mg	142mg

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 garlic quinoa

Finely chop the **garlic**. Rinse the **quinoa** well. In a medium saucepan, heat a drizzle of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **tri colour quinoa**, the **water** and a pinch of **salt** and cover with a lid. Bring to the boil, then reduce the heat to medium and simmer, uncovered, until the quinoa is tender and the water has been absorbed, **8-12 minutes**. Cover to keep warm.



Char the corn

While the quinoa is cooking, slice the kernels off the **corn** cob. Heat a large frying pan over a high heat. Cook the **corn** kernels until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Get prepped

While the corn is charring, grate the **carrot**. Thinly slice the **spring onion**. Zest the **lime** to get a good pinch and slice into wedges. Roughly chop the **tomato**.



Cook the chicken

SPICY! The spice blend is hot, use less if you're sensitive to heat. In a large bowl, combine the **chicken tenderloins**, **Mexican Fiesta spice blend**, a drizzle of **olive oil** and a splash of **water**. Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until browned and cooked through, **3-4 minutes** each side. Season with **salt** and **pepper**.



Make the slaw & salsa

While the chicken is cooking, combine the **carrot**, **spring onion**, **shredded cabbage mix**, **garlic aioli** and a good squeeze of **lime juice** in a large bowl. Toss to combine. Season to taste. Add the **tomato** and the **lime zest** to the bowl with the **corn**. Toss to combine. Season to taste.



Serve up

Divide the garlic quinoa and creamy slaw between bowls and top with the charred corn salsa and Mexican chicken. Top with the **Greek-style yoghurt** and serve with any remaining lime wedges.

Enjoy!