



MEXICAN SPICED CHICKEN

with Zesty Rice & Beans



Add zesty lime to rice



Green Capsicum



Lime



Basmati Rice



Red Kidney Beans



Free-Range Chicken Thigh



Mild Mexican Spice Blend



Chilli Flakes (Optional)



Baby Spinach Leaves

Pantry Staples



Olive Oil



Water



Salt

- Hands-on: **30 mins**
- Ready in: **40 mins**
- Eat Me Early
- Spicy (optional chilli flakes)

Spring into this delicious Mexican spiced chicken with a zesty rice and beans side that will have you feeling springy and zingy. It's fiesta time!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, zester, sieve, medium frying pan** with a lid, **wooden spoon, medium bowl, medium frying pan** and **tongs**.



1 GET PREPPED

Finely chop the **green capsicum**. Zest the **lime** and slice into wedges. Rinse the **basmati rice** well. Drain and rinse the **red kidney beans**. Slice the **free-range chicken thigh** into 1 cm strips.



2 COOK THE RICE

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **green capsicum** and cook for **3-4 minutes**, or until soft. Add the **lime zest** and the **basmati rice** and stir through. Add the **water (check ingredients list for the amount)** and **salt (for the rice)** and bring to the boil over a high heat. Reduce the heat to low and simmer, covered, for **15 minutes**, or until the rice is soft.



3 MARINATE THE CHICKEN

While the rice is cooking, place the **chicken strips** in a medium bowl. Add the **mild Mexican spice blend**, the **chilli flakes (if using)**, the **salt (for the chicken)** and a **drizzle of olive oil**. **TIP:** Some like it hot but if you don't, just hold back on the chilli flakes. Season with a **pinch of pepper** and toss to coat the chicken in the spices.



4 COOK THE CHICKEN

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **chicken strips** and cook for **4-5 minutes**, turning regularly, until browned and cooked through. **TIP:** The chicken is cooked when it is no longer pink inside.



5 ADD THE BEANS & SPINACH

Add the **baby spinach leaves** and the **red kidney beans** to the pan with the rice and season to taste with a **pinch of salt** and **pepper**. Stir through for **1 minute**, or until the spinach leaves have wilted. Remove from the heat.



6 SERVE UP

Divide the zesty rice and beans between plates and top with the Mexican chicken. Serve with the lime wedges on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
green capsicum	1	2
lime	1	2
basmati rice	1 packet (¾ cup)	2 packets (1 ½ cups)
red kidney beans	1 tin (400 g)	2 tins (800 g)
free-range chicken thigh	1 packet	1 packet
water*	1 ½ cups	3 cups
salt* (for the rice)	¼ tsp	½ tsp
mild Mexican spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
chilli flakes (optional)	¼ sachet (¼ tsp)	½ sachet (½ tsp)
salt* (for the chicken)	½ tsp	1 tsp
baby spinach leaves	1 bag	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2790kJ (667Cal)	365kJ (87Cal)
Protein (g)	49.4g	6.5g
Fat, total (g)	14.6g	1.9g
- saturated (g)	4.1g	0.5g
Carbohydrate (g)	75.5g	9.9g
- sugars (g)	2.9g	0.4g
Sodium (g)	426mg	56mg

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2017 | WK38

