



Spiced Chicken & Tex-Mex Brown Rice Bowl

with Charred Corn Slaw & Garlic Yoghurt

NEW

DIETITIAN APPROVED

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Rice



Sweetcorn



Red Radish



Brown Onion



Garlic



Greek-Style Yoghurt



Chicken Breast



Lemon Pepper Seasoning



Tex-Mex Spice Blend



Slaw Mix



Salmon

Prep in: 30-40 mins
Ready in: 35-45 mins

Calorie Smart*
**Custom recipe is not Calorie Smart*

Eat Me First

Give juicy chicken a lemon-pepper hit and you have a flavourful protein for a calorie conscious burrito bowl. The Tex-Mex brown rice is so fluffy and flavourful, you won't even miss the white rice.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 medium packet	1 large packet
sweetcorn	1 tin (125g)	1 tin (300g)
red radish	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast	1 small packet	1 large packet
lemon pepper seasoning	1 medium sachet	2 medium sachets
Tex-Mex spice blend	1 medium sachet	1 large sachet
slaw mix	1 small bag	1 large bag
white wine vinegar*	drizzle	drizzle
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2295kJ (549Cal)	457kJ (109Cal)
Protein (g)	44.5g	8.9g
Fat, total (g)	10.3g	2.1g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	64.5g	12.9g
- sugars (g)	15.9g	3.2g
Sodium (mg)	998mg	199mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2890kJ (691Cal)	606kJ (145Cal)
Protein (g)	39.8g	8.3g
Fat, total (g)	28.2g	5.9g
- saturated (g)	6.1g	1.3g
Carbohydrate (g)	65.4g	13.7g
- sugars (g)	15.9g	3.3g
Sodium (mg)	952mg	200mg

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.

We're here to help!

Scan here if you have any questions or concerns



Cook the brown rice

- Half-fill a medium saucepan with water. Add **brown rice** and a generous pinch of **salt**.
- Bring to the boil over high heat and cook, uncovered, until tender, **25-30 minutes**. Drain.



Cook the chicken

- When the rice has **10 minutes** remaining, heat a large frying pan, with a drizzle of **olive oil** over medium-high heat.
- Cook **chicken steaks** until cooked through (when no longer pink inside), **3-6 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate and cover to keep warm.

Custom Recipe: Heat pan as above. When oil is hot, cook salmon, skin-side down first, until charred and just cooked through, 2-4 minutes each side.



Char the corn

- Meanwhile, drain **sweetcorn**. Heat a large frying pan over high heat. Cook **corn kernels**, until lightly browned, **4-5 minutes**.
- Transfer to a large bowl and set aside.

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



Flavour the rice & make the slaw

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **onion**, until tender, **4-5 minutes**. Add **Tex-Mex spice blend**, and cook, until fragrant, **1 minute**.
- Add **cooked brown rice**, toss to combine, **1 minute**. Season to taste.
- To the bowl with **charred corn**, add **slaw mix**, radish, a drizzle of **white wine vinegar** and **olive oil**. Toss to combine and season to taste.



Get prepped

- Meanwhile, thinly slice **red radish**. Thinly slice **brown onion**. Finely chop **garlic**.
- In a small heatproof bowl, combine **garlic** and a drizzle of **olive oil**. Microwave in **10 second** bursts or until fragrant. Add **Greek style yoghurt**, stirring to combine. Season.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin **steaks**.
- In a medium bowl, combine **lemon pepper seasoning**, a drizzle of **olive oil** and generous pinch of **salt** and **pepper**. Add **chicken** and turn to coat.

Custom Recipe: If you've swapped to salmon, pat salmon dry with paper towel (this helps it crisp up in the pan). In a medium bowl, combine oil, spice blend and season as above. Add salmon and gently turn to coat.



Serve up

- Slice spiced chicken.
- Divide brown rice and charred corn slaw between bowls. Top with chicken and garlic yoghurt to serve. Enjoy!

Custom Recipe: Top brown rice and charred corn slaw with salmon. Enjoy!

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