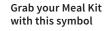


Spiced Chicken & Tex-Mex Brown Rice Bowl

with Charred Corn Slaw & Garlic Yoghurt

DIETITIAN APPROVED

CLIMATE SUPERSTAR















Brown Onion

Red Radish







Chicken Breast



Lemon Pepper Seasoning



Tex-Mex Spice



Slaw Mix

Blend





Pantry items

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

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.

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

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	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

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.



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.



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.



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). Tansfer 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.



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.



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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