



# Tex-Mex Chicken & Brown Rice

with Charred Corn Salad, Tomato Relish & Garlic Yoghurt

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Garlic



Brown Rice



Carrot



Sweetcorn



Mixed Salad Leaves



Tex-Mex Spice Blend



Coriander



Greek-Style Yoghurt

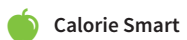


Chicken Mince



Tomato Relish

Prep in: 20-30 mins  
Ready in: 30-40 mins



Calorie Smart

Eat Me Early

Give juicy chicken mince some heat with our Tex-Mex spice blend and you have a flavourful protein for a calorie conscious burrito bowl. The garlic-infused brown rice is so fluffy and flavourful, you won't even miss the white rice.

### Pantry items

Olive Oil, White Wine Vinegar, Brown Sugar



## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
brown rice	1 medium packet	1 large packet
carrot	1	2
sweetcorn	1 medium tin	1 large tin
Greek-style yoghurt	1 medium packet	1 large packet
mixed salad leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
chicken mince	1 medium packet	1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato relish	1 medium packet	1 large packet
<b>brown sugar*</b>	1 tsp	2 tsp
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2157kJ (516Cal)	457kJ (109Cal)
Protein (g)	39.4g	8.4g
Fat, total (g)	7.7g	1.6g
- saturated (g)	2.4g	0.5g
Carbohydrate (g)	66.9g	14.2g
- sugars (g)	15.9g	3.4g
Sodium (mg)	960mg	203mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the brown rice

- Boil the kettle. Finely chop **garlic**.
- Half-fill a medium saucepan with boiling water. Add **brown rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **25-30 minutes**. Drain.
- Return pan to medium heat with a drizzle of **olive oil**. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Return **rice** to saucepan and stir to combine.

2



## Get prepped

- When rice has **15 minutes** remaining, grate **carrot**.
- Drain **sweetcorn**.

3



## Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook remaining **garlic** until fragrant, **1 minute**. Transfer to a small bowl.
- Add **Greek-style yoghurt** to **garlic oil** mixture and combine. Season to taste.

4



## Make the charred corn salad

- Return frying pan to high heat.
- Cook **corn** kernels until lightly browned, **4-5 minutes**. Transfer to a large bowl.
- Add **carrot**, **mixed salad leaves** and a drizzle of **olive oil** and **white wine vinegar**. Toss to combine. Season.

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

5



## Cook the chicken

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **chicken mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **Tex-mex spice blend** and cook until fragrant, **1 minute**.
- Remove from the heat and stir through **tomato relish** and the **brown sugar**, until combined. Season to taste.

6



## Serve up

- Divide brown rice between plates.
- Top with Tex-mex chicken, charred corn salad and garlic yoghurt.
- Tear over **coriander** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns  
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