



INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1 | 2
Tomato



1 | 2
Microwavable
Grain Blend
Contains: Wheat



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



1 | 1
Lime



8 oz | 16 oz
Sous Vide
Chopped Chicken



½ Cup | 1 Cup
White Cheddar
Cheese
Contains: Milk



1 tsp | 2 tsp
Hot Sauce

CHEDDAR CHICKEN & CRISPY GRAINS

with Tomato Salsa & Sour Cream



✓ READY, SET,
LUNCH!



ANY ISSUES WITH
YOUR ORDER?
SCAN HERE TO
GET HELP!

TOTAL TIME: 15 MIN | CALORIES: 640



BUST OUT

- Medium bowl
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil
(2 tsp | 2 tsp)
- Olive oil
(1 tsp | 1 tsp)

THE GRAIN EVENT

This blend of rice and other grains (like bulgur and barley) is wholesome and hearty! For the crispiest result, cook grains undisturbed once they hit the pan, stirring only once.

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CHEDDAR CHICKEN & CRISPY GRAINS

with Tomato Salsa & Sour Cream

INSTRUCTIONS

- **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Quarter **lime**. Dice **tomato** into ¼-inch pieces.
- Open package of **chicken** and drain off any excess liquid. Place in a medium bowl and break up chicken with your hands.
- Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **chicken** and cook, stirring occasionally, until browned, about 3 minutes. (For 4 servings, cook 5-7 minutes. Transfer chicken to a large bowl; cover with foil to keep warm. Reserve pan.)
- Add **scallion whites** and **grain blend** to pan. Cover and cook, stirring once halfway through, until grains are slightly crispy and chicken is warmed through, 2-3 minutes. (For 4 servings, use pan used for chicken. Once grains are slightly crispy, transfer to bowl with chicken; toss to combine.) Stir in a **squeeze of lime juice** (big squeeze for 4); taste and season with **salt** and **pepper** if desired.
- Meanwhile, in a small bowl, combine **tomato**, **scallion greens**, a **drizzle of olive oil**, **juice from one lime wedge** (two wedges for 4 servings), and a **pinch of salt and pepper**.
- Divide **chicken and crispy grains** between shallow bowls. Top with **cheddar** and **tomato salsa**. Drizzle with **sour cream** and as much **hot sauce** as you like. Serve with any **remaining lime wedges** on the side.