



RANCH-SPICED CHICKEN & CORN RICE BOWLS

with Dark Meat Chicken, Roasted Zucchini & Creamy BBQ

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
White Rice



1 | 2
Zucchini



1 | 2
Corn



4 TBSP | 8 TBSP
BBQ Sauce



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



10 oz | 20 oz
Diced Skinless Dark
Meat Chicken



1 TBSP | 2 TBSP
Ranch Spice



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HELLO

RANCH SPICE

All the flavor of the iconic dressing in
sprinkle-able seasoning form!

PREP: 5 MIN | COOK: 25 MIN | CALORIES: 740



MAKE-AHEAD MAGIC

Mix the sauce, chop the zucchini, and drain and dry the corn in advance to get dinner on the table even faster!

BUST OUT

- Small pot
- Baking sheet
- Strainer
- Small bowl
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 COOK RICE

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



3 COOK CHICKEN & CORN

- Open package of **chicken*** and drain off any excess liquid.
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add chicken and **corn** in a single layer; season with **Ranch Spice**. Cook, stirring occasionally, until chicken is cooked through and corn is browned, 4-6 minutes. **TIP: If corn begins to pop, cover pan.**



2 PREP, ROAST & MIX

- While rice cooks, trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Drain **corn**; pat dry with paper towels.
- Toss zucchini on a baking sheet with a **large drizzle of oil**, **salt**, and **pepper**. Roast on top rack until browned and tender, 14-16 minutes.
- In a small bowl, combine **BBQ sauce** and **mayonnaise**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



4 FINISH & SERVE

- Fluff **rice** with a fork.
- Divide rice and **zucchini** between shallow bowls in separate sections. Top rice with **chicken and corn**; drizzle with as much **sauce** as you like. Serve with any remaining sauce on the side.

*Chicken is fully cooked when internal temperature reaches 165°.