



Chicken Fajita Bowls

with Spiced Rice

Family Friendly

Spicy

25 Minutes



Chicken Thighs



Basmati Rice



Poblano Pepper,
chopped



Mexican Seasoning



Sour Cream



Green Onions



Tomato Salsa



Lime



Garlic Puree



Red Onion, sliced



Cheddar Cheese,
shredded

HELLO MEXICAN SEASONING

Smoky, sweet and spicy combined for the perfect Tex Mex flavour!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, paper towels, zester

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Basmati Rice	¾ cup	1 ½ cups
Poblano Pepper, chopped 🍅	113 g	227 g
Mexican Seasoning	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
Green Onions	2	2
Tomato Salsa	½ cup	1 cup
Lime	1	1
Garlic Puree	1 tbsp	2 tbsp
Red Onion, sliced	113 g	226 g
Cheddar Cheese, shredded	¼ cup	½ cup
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Cook rice and prep chicken

Add **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, pat **chicken** dry with paper towels. Add **chicken**, **half the garlic puree** and **half the Mexican Seasoning** to a medium bowl. Season with **salt** and **pepper**, then toss to coat. Add **rice** to the **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.



Cook veggies

Heat the same pan (from step 2) over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **poblanos**, **onions**, **remaining garlic puree** and **remaining Mexican Seasoning**. Cook, stirring often, until **poblanos** are tender-crisp, 3-4 min. Remove the pan from heat, then transfer **veggies** to a plate.



Cook chicken

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden, 2-3 min per side. Remove the pan from heat. Transfer **chicken** to a baking sheet. Roast in the **middle** of the oven until cooked through, 7-10 min. **



Assemble fajita rice

Fluff **rice** with a fork. Heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice**. Cook, stirring occasionally, until any **liquid** is absorbed and **rice** starts to brown, 2-3 min. Add **veggie mixture** and **half the green onions**. Season with **salt** and **pepper**. Cook, stirring often, until warmed through, 1-2 min.



Finish prep and make lime crema

While **chicken** cooks, thinly slice **green onions**. Zest, then cut **lime** into wedges. Add **lime zest**, **¼ tsp sugar** (dbl for 4 ppl) and **sour cream** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Finish and serve

Thinly slice **chicken**. Divide **fajita rice** between bowls. Top with **chicken** and **salsa**. Sprinkle **cheese** and **remaining green onions** over top. Dollop with **lime crema**. Squeeze over a **lime wedge**, if desired.

Dinner Solved!