



# MEXICAN CHICKEN & GARLIC RICE

with Cherry Tomato Salsa & Mini Corn Cobs



Add a corn cob side to a Mexican dish!



Garlic



Basmati Rice



Cherry Tomatoes



Coriander



Cucumber



Lemon



Cheddar Cheese



Mexican Fiesta Spice Blend



Chicken Breast



Corn

**Pantry Staples:** Olive Oil, Butter

Hands-on: **30 mins**  
Ready in: **35 mins**

Eat me early

Spicy (Mexican Fiesta spice blend)

One of the best part of Mexican for dinner is getting to pick and choose between all the yummy bits! This bowl has garlic-infused rice plus spiced tender chicken pieces, a fresh and bright cherry tomato salsa and mini corn cobs. The hardest part of the meal is choosing what bite to eat first!

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
• **medium saucepan** with a **lid** • **large saucepan** • **large frying pan**



## 1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add **1/2** the garlic and cook for **1-2 minutes**, or until golden and fragrant. Add the **basmati rice**, **water**, and the **salt** to the pan and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered for **10 minutes**, or until the rice is tender and the water has absorbed. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



## 4 MAKE THE SALSA

While the corn is cooking, combine the remaining **lemon juice** and **zest** and **1 tbs olive oil** in a medium bowl. Season with **salt** and **pepper** and mix well. Add the **cucumber**, **cherry tomatoes** and **coriander**. Just before serving, toss to combine.



## 2 PREP THE VEG & CHICKEN

While the rice is cooking, bring a large saucepan of salted water to the boil. Slice the **cherry tomatoes** in half. Roughly chop the **coriander**. Chop the **cucumber** into 1cm chunks. Zest and juice the **lemon**. Grate the **Cheddar cheese**. In a medium bowl, combine the **Mexican Fiesta spice blend**, **remaining garlic**, **1/2** the lemon juice, **1/2** the lemon zest and a **drizzle of olive oil**. Cut the **chicken breast** into 1cm strips. Add the chicken and toss to coat. Set aside. **SPICY!** *If you or the kids are extra sensitive to chilli, feel free to use less spice blend!*



## 5 COOK THE CHICKEN

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Once hot, add **1/2** the **chicken** and cook, tossing, for **4-5 minutes** or until golden and cooked through. Transfer to a plate and repeat with the remaining chicken.



## 3 COOK THE CORN COBS

Slice the **corn cobs** in half. **TIP:** *Using a sharp knife, score around the centre of the corn cob, then use your hands to snap in half.* Place the corn cobs into the pan of boiling water. Cook for **5 minutes** or until tender and bright yellow. Drain.



## 6 SERVE UP

Divide the garlic rice between bowls. Top with the corn cobs (spread with a little butter if you like!) and chicken. Spoon over any remaining pan juices and resting juices from the chicken. Top with the grated Cheddar cheese and cherry tomato salsa.

# ENJOY!

# 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	6 cloves
butter*	40 g
basmati rice	2 packets
water*	3 cups
salt*	1/2 tsp
cherry tomatoes	1 punnet
coriander	1 bag
cucumber	1
lemon	1
Cheddar cheese	1 block (100 g)
Mexican Fiesta spice blend	1 sachet
chicken breast	1 packet
corn	2

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3350kJ (799Cal)	738kJ (176Cal)
Protein (g)	52.2g	11.5g
Fat, total (g)	31.4g	6.9g
- saturated (g)	14.5g	3.2g
Carbohydrate (g)	72.9g	16.1g
- sugars (g)	4.5g	1.0g
Sodium (g)	925mg	204mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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