

# Tex-Mex Chicken & Garlic Rice

with Charred Corn Salsa & Yoghurt

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Sweetcorn



Tomato



Baby Spinach Leaves



Coriander



Tex-Mex Spice Blend



Chicken Breast Strips



Enchilada Sauce



Shredded Cheddar Cheese



Greek-Style Yoghurt

Hands-on: **30-40 mins**  
 Ready in: **35-45 mins**

Eat me early

One of the best things about having a Tex-Mex dish for dinner is getting to pick and choose between all the yummy bits! This bowl has garlic-infused rice, plus mildly spiced chicken and a crunchy and bright charred corn salsa to finish it off.

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
sweetcorn	½ tin	1 tin
tomato	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
coriander	1 bunch	1 bunch
Tex-Mex spice blend	1 sachet	1 sachet
chicken breast strips	1 packet	1 packet
enchilada sauce	½ packet	1 packet
white wine vinegar*	½ tsp	1 tsp
shredded Cheddar cheese	1 packet (50g)	2 packets (100g)
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3476kJ (830Cal)	671kJ (160Cal)
Protein (g)	48.1g	9.3g
Fat, total (g)	34.4g	6.6g
- saturated (g)	15.8g	3.1g
Carbohydrate (g)	76.8g	14.8g
- sugars (g)	11.3g	2.2g
Sodium (mg)	1342mg	259mg

## Allergens

Always read product labels for the most up-to-date allergen information.

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



## Make the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1 minute**. Add the **basmati rice**, **water** and the **salt**, stir, then 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 until the rice is tender and the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Cook the chicken

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **chicken**, in batches, tossing occasionally, until browned and cooked through, **3-4 minutes** each side. Transfer to a plate. Return the **chicken** to the pan, then add the **enchilada sauce** (see ingredients) and stir until heated through and the chicken is coated, **1 minute**.



## Get prepped

While the rice is cooking, drain the **sweetcorn** (see ingredients). Finely chop the **tomato**. Roughly chop the **baby spinach leaves**. Roughly chop the **coriander**. In a medium bowl, combine the **Tex-Mex spice blend** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Add the **chicken breast strips** and toss to coat. Set aside.



## Make the corn salsa

Add the **tomato**, **baby spinach** and **coriander** to the charred **corn**. Add the **white wine vinegar** and drizzle with **olive oil**. Season with **salt** and **pepper**. Toss to combine.



## Char the corn

Heat a large frying pan over a high heat. When the pan is hot, cook the **sweetcorn**, tossing, until lightly charred, **5 minutes**. Transfer to a medium bowl.

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



## Serve up

Divide the garlic rice between bowls and top with the Tex-Mex chicken. Spoon over any sauce remaining in the pan. Top with the charred corn salsa, **shredded Cheddar cheese** and **Greek-style yoghurt**.

Enjoy!