

# Mexican Chicken & Garlic Rice

with Cucumber Salsa & Smokey Parmesan Corn Cobs

Grab your Meal Kit with this symbol



Garlic



Corn



Basmati Rice



Red Onion



Tomato



Cucumber



Chicken Breast



Mexican Fiesta Spice Blend



Smokey Aioli



Grated Parmesan Cheese



Hands-on: **25-35 mins**  
Ready in: **30-40 mins**



Spicy (Mexican Fiesta spice blend)



Eat me early

Looking for an easy way to spice up rice? We like to add butter and garlic to infuse it with flavour. Give it a go, and serve it with Mexican-style chicken and smoky corn cobs with Parmesan for a dinner that ticks all the boxes.

### Pantry items

Olive Oil, Butter, Rice Wine Vinegar, 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	3 cloves	6 cloves
corn	1	2
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
red onion	½	1
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
tomato	1	2
cucumber	1 (medium)	1 (large)
chicken breast	1 packet	1 packet
Mexican Fiesta spice blend	1 sachet	1 sachet
white wine vinegar*	drizzle	drizzle
smokey aioli	½ packet (25g)	1 packet (50g)
grated Parmesan cheese	½ packet (15g)	1 packet (30g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3097kJ (740Cal)	518kJ (123Cal)
Protein (g)	48g	8g
Fat, total (g)	26.1g	4.4g
- saturated (g)	9.3g	1.6g
Carbohydrate (g)	78.6g	13.2g
- sugars (g)	11.1g	1.9g
Sodium (mg)	1151mg	193mg

## 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.



## Cook the garlic rice & corn

Finely chop the **garlic**. Cut the **corn** cob in half. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1 minute**. Add the **basmati rice**, **water** and the **salt** and bring to the boil. Place the **corn** cobs on top of the **rice**, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove from the heat and keep covered, until the rice is tender and the water is absorbed, **10 minutes**.

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



## Make the salsa

In a medium bowl, combine a drizzle of **white wine vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper** and mix well. Add the **tomato** and **cucumber** and toss to coat. Set aside.



## Get prepped

While the rice is cooking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the **pickling liquid** with just enough **water** to cover the onion. Stir to coat and set aside until serving. Roughly chop the **tomato** and **cucumber**.



## Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **chicken**, tossing, until golden and cooked through, **3-4 minutes**. While the chicken is cooking, spread some **smokey aioli** (see ingredients) over a plate. Remove the **corn** cobs from the rice, then roll in the **aioli** to coat. Sprinkle over the **grated Parmesan cheese** (see ingredients).

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Flavour the chicken

**SPICY!** The spice blend is hot, use less if you're sensitive to heat. Cut the **chicken breast** into 1cm strips. In a medium bowl, combine the **Mexican Fiesta spice blend**, the remaining **garlic** and a drizzle of **olive oil**. Season with **salt**. Add the **chicken** and toss to coat. Set aside.



## Serve up

Drain the pickled onion. Divide the garlic rice between bowls. Top with the smokey Parmesan corn cobs, Mexican chicken, cucumber salsa and pickled onion.

## Enjoy!