



PULLED CHICKEN RICE BOWLS

with Tomato Salsa and Monterey Jack Cheese



HELLO PULLED CHICKEN

Forget hours of slow-cooking: this ready-to-heat meat gives you tenderness in a fraction of the time.

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 740



Jasmine Rice



Green Bell Pepper



Cilantro



Pulled Chicken



Chicken Stock Concentrate



Sour Cream
(Contains: Milk)



Red Onion



Roma Tomato



Lime



Fajita Spice Blend



Monterey Jack Cheese
(Contains: Milk)

START STRONG

Not a fan of cilantro's flavor? That's OK. In fact, it's believed that your genes may determine whether or not you like the herb. If you prefer, you can skip it or add it to taste.

BUST OUT

- Small pot
- Large pan
- Small bowl
- Vegetable oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Jasmine Rice **½ Cup** | **1 Cup**
- Red Onion **1** | **2**
- Green Bell Pepper **1** | **2**
- Roma Tomato **1** | **2**
- Cilantro **¼ oz** | **½ oz**
- Lime **1** | **2**
- Pulled Chicken* **8 oz** | **16 oz**
- Fajita Spice Blend **1 TBSP** | **2 TBSP**
- Chicken Stock Concentrate **1** | **2**
- Monterey Jack Cheese **¼ Cup** | **½ Cup**
- Sour Cream **4 TBSP** | **8 TBSP**

* Pulled Chicken is fully cooked when internal temperature reaches 165 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 COOK RICE

In a small pot, combine **1 cup water** (1½ cups for 4 servings) and **1 TBSP butter** (2 TBSP for 4). Bring to a boil, then stir in **rice**, cover, and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



4 SIMMER CHICKEN

Add another large drizzle of **oil** to pan with **veggies**. Break up **chicken** into smaller pieces and add to pan. Season with **salt**, **pepper**, and **Fajita Spice**. Cook, stirring, until warmed through, 2-3 minutes. Stir in **stock concentrate** and **½ cup water** (¾ cup for 4 servings). Bring to a boil, then reduce to a low simmer and stir in **1 TBSP butter** (2 TBSP for 4). Let simmer 1-2 minutes.



2 PREP

Meanwhile, **wash and dry all produce**. Halve, peel, and thinly slice **onion**; mince a few slices until you have 2 TBSP (3 TBSP for 4 servings). Core, deseed, and thinly slice **bell pepper**. Finely dice **tomato**. Finely chop **cilantro** leaves and stems. Quarter **lime**.



5 MAKE SALSA

Meanwhile, in a small bowl, combine **tomato**, **minced onion**, and half the **cilantro**. Add a squeeze of **lime juice** to taste and season with **salt** and **pepper**.



3 COOK VEGGIES

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **sliced onion** and **bell pepper**. Cook, stirring, until just softened, 3-4 minutes.



6 FINISH AND SERVE

Fluff **rice** with a fork and season with **salt** and **pepper**. Divide between plates and top with **chicken and veggie mixture**. Garnish with **Monterey Jack**, **salsa**, **sour cream**, and remaining **cilantro**. Serve with remaining **lime wedges** on the side.

LETTUCE TALK

Have any iceberg or romaine on hand? Chop some up and sprinkle on top of your bowls for a fresh crunch.

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