



Speedy Chicken Tinga Bowl

with Spiced Veggies and Cilantro Rice

20-min



Pulled Chicken



Mexican Seasoning



Sweet Bell Pepper



Red Onion, sliced



Par-boiled Rice



Marinara Sauce



Feta Cheese



Cilantro

HELLO PULLED CHICKEN

Pre-cooked and shredded for an easy 20 min meal!

Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust Out

Measuring spoons, medium pot, measuring cups, large non-stick pan, 8x8-inch baking dish

Ingredients

	2 Person	4 Person
Pulled Chicken	300 g	600 g
Mexican Seasoning	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Red Onion, sliced	56 g	113 g
Par-boiled Rice	¾ cup	1 ½ cup
Marinara Sauce	½ cup	1 cup
Feta Cheese	¼ cup	½ cup
Cilantro	7 g	14 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

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1 Prep

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Core, then cut **pepper** into ½-inch slices. Roughly chop **cilantro**.



2 Cook rice

Add **rice** to the pot of **boiling water**. Reduce heat to medium-low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 15-18 min.



3 Broil chicken

While **rice** cooks, add **chicken, marinara** and **half the Mexican Seasoning** to a 8x8-inch baking dish (**NOTE:** Use a 9x13-inch baking dish for 4 ppl). Stir to combine. Broil in the **bottom** of oven until warmed through, 10-12 min. **



4 Cook veggies

While **chicken** broils, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers** and **onions**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Add **remaining Mexican Seasoning** and cook, stirring often, until fragrant, 30 sec. Remove pan from heat.



5 Finish and serve

Fluff **rice** with a fork. Season with **salt** and stir in **half the cilantro**. Divide **rice** between bowls. Top with **chicken tinga** and **spiced veggies**. Sprinkle **feta** and **remaining cilantro** over top.

Dinner Solved!