



Tex-Mex Chicken & Baked Rice

with Sweetcorn & Sour Cream

Grab your Meal Kit with this symbol



Carrot



Sweetcorn



Garlic Paste



Tomato Paste



Basmati Rice



Chicken-Style Stock Powder



Tex-Mex Spice Blend



Chicken Breast Strips



Baby Spinach Leaves



Sour Cream

Hands-on: 15-25 mins
Ready in: 45-55 mins

Eat Me Early

Fresh, colourful and bursting with flavour, our Tex-Mex chicken recipe is about to become a weeknight favourite. Tomato paste adds a beautiful richness to the oven-baked rice, while the spices get to work on the succulent chicken strips that are seared to golden perfection.

Pantry items

Olive Oil, Butter

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

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
sweetcorn	½ tin	1 tin
garlic paste	1 packet	1 packet
tomato paste	½ packet	1 packet
basmati rice	1 packet	1 packet
chicken-style stock powder	1 sachet	1 sachet
stock powder	(5g)	(10g)
Tex-Mex spice blend	1 sachet	2 sachets
boiling water*	1½ cups	3 cups
chicken breast strips	1 packet	1 large packet
butter*	20g	40g
baby spinach leaves	1 bag (30g)	1 bag (60g)
sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3277kJ (783Cal)	656kJ (157Cal)
Protein (g)	42.8g	8.6g
Fat, total (g)	27g	5.4g
- saturated (g)	14.9g	3g
Carbohydrate (g)	86g	17.2g
- sugars (g)	15g	3g
Sodium (mg)	2117mg	424mg

The quantities provided above are averages only.

Allergens

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

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

1



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Thinly slice **carrot**. Drain **sweetcorn** (see ingredients).
- Heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook **carrot** and **sweetcorn** until tender, **3-4 minutes**. Transfer to a baking dish.

3



Cook the chicken

- When rice has **10 minutes** bake time remaining, return frying pan to a medium-high heat with a drizzle of **olive oil**.
- Cook **chicken breast strips** and remaining **Tex-Mex spice blend** until browned and cooked through, **3-4 minutes** each side. Remove from heat and set aside.
- Add the **butter** and **baby spinach leaves** to the cooked **rice** and stir until wilted.

TIP: If the rice is dry, stir through a splash more water.

2



Bake the rice

- Add **garlic paste**, **tomato paste** (see ingredients), **basmati rice**, **chicken-style stock powder**, 1/2 the **Tex-Mex spice blend** and **boiling water** (1 1/2 cups for 2 people / 3 cups for 4 people) to the baking dish of **carrot** and **corn**. Season with **salt** and **pepper**. Stir to combine.
- Cover tightly with foil, then bake until rice is tender and liquid is absorbed, **25-30 minutes**.

4



Serve up

- Divide Tex-Mex baked rice and chicken between bowls.
- Top with **sour cream** to serve.

Enjoy!