



Tex-Mex Chicken & Garlic Rice

with Charred Corn Salsa & Sour Cream

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



Sour Cream

 Hands-on: **30 mins**
 Ready in: **35 mins**
 Eat me early

One of the best part of Tex-Mex cuisine for dinner is getting to pick and choose between all the yummy bits! This bowl has garlic-infused rice plus spiced tender chicken pieces, a fresh tomato salsa jewelled with bursting sweetcorn. The hardest part of the meal is choosing what bite to eat first!

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

	4 People
olive oil*	refer to method
garlic	4 cloves
butter*	40g
basmati rice	2 packets
water*	3 cups
salt*	½ tsp
sweetcorn	1 tin
tomato	2
baby spinach leaves	1 bag (60g)
coriander	1 bunch
Tex-Mex spice blend	1½ sachets
chicken breast strips	1 packet
enchilada sauce	1 packet (140g)
white wine vinegar*	1 tsp
shredded Cheddar cheese	1 packet (100g)
sour cream	2 packets (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3760kJ (899Cal)	673kJ (161Cal)
Protein (g)	53.1g	9.5g
Fat, total (g)	38.0g	6.8g
- saturated (g)	20.1g	3.6g
Carbohydrate (g)	81.8g	14.6g
- sugars (g)	10.5g	1.9g
Sodium (g)	1270mg	228mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Make the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook 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!



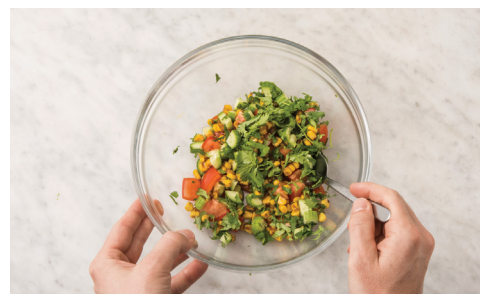
4. Cook the chicken

Return the frying pan to a high heat with a **drizzle** of **olive oil**. Add **1/2** the **chicken** and cook, tossing occasionally, until browned and cooked through, **3-4 minutes** each side. Transfer to a plate and repeat with the **remaining chicken**. Return the **chicken** to the pan, add the **enchilada sauce** and stir until heated through, **1 minute**.



2. Get prepped

SPICY! This is a mild spice blend, but if you or the kids are extra sensitive to heat, feel free to add less. While the rice is cooking, drain the **sweetcorn**. Finely chop the **tomato**. Roughly chop the **baby spinach leaves**. Roughly chop the **coriander**. In a medium bowl, combine **1 1/2 sachets** of **Tex-Mex spice blend**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Add the **chicken breast strips** and toss to coat. Set aside to marinate.



5. Make the corn salsa

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



3. Char the corn

Heat a large frying pan over a high heat. When the pan is hot, add the **sweetcorn** and cook, 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.



6. 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 corn salsa, **shredded Cheddar cheese** and a dollop of **sour cream**.

Enjoy!