



YUCATÁN CITRUS CHICKEN BOWLS

with Poblano, Smoky Crema & Pickled Onion

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Mandarin Orange



1 | 1
Lemon



1 | 1
Yellow Onion



1 | 2
Poblano Pepper



¼ oz | ¼ oz
Cilantro



10 oz | 20 oz
Chicken Breast Strips



1 | 2
Tex-Mex Paste



1 TBSP | 2 TBSP
Southwest Spice Blend



½ Cup | 1 Cup
Jasmine Rice



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



1 tsp | 2 tsp
Smoked Paprika



1 tsp | 1 tsp
Ancho Chili Powder



HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the **HelloCustom** instructions on the flip side of this card to learn how to modify your meal.

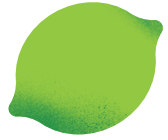


12 oz | 24 oz
Cauliflower Rice

Calories: 520



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 630



HELLO FRESH

HELLO

MANDARIN ORANGE

Sweeter than the common orange, this citrus fruit's juice is perfect for marinades, sauces, or dressings.

MARVELOUS MARINADE

Citrus juice is a key ingredient in the cuisine of the Yucatán, a region bordering the Gulf of Mexico. There, it's often used as a marinade for meat, as well as a pickling liquid for tangy onions. Here, we pair lemon and mandarin orange juices with zesty spices to add punchy, vibrant complexity to chicken, then garnish with lemon-pickled onion slices for good measure.

BUST OUT

- Zester
- Paper towels
- Medium bowl
- Small pot
- 2 Small bowls
- Large pan
- Kosher salt
- Black pepper
- Sugar ($\frac{1}{4}$ tsp | $\frac{1}{2}$ tsp)
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 1 TBSP)
Contains: Milk
- Cooking oil (1 tsp | 1 tsp)

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*Chicken is fully cooked when internal temperature reaches 165°.



1 PREP & MARINATE CHICKEN

- **Wash and dry produce.**
- Halve **mandarin**. Zest and quarter **lemon**. Halve, peel, and thinly slice **onion**. Halve, core, and thinly slice **poblano** crosswise into strips. Roughly chop **cilantro**.
- Pat **chicken*** dry with paper towels; place in a medium bowl. Toss with **Tex-Mex paste**, **juice from mandarin**, **juice from one lemon wedge**, **lemon zest**, and **half the Southwest Spice** (you'll use the rest later).



4 COOK VEGGIES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **poblano** and season with **salt** and **pepper**. Cook, stirring, until slightly softened, 3-4 minutes.
- Add another **drizzle of oil** and **remaining onion**; season with **salt** and **pepper**. Cook, stirring, until veggies are tender, 4-6 minutes.
- Transfer to a plate.

- Heat a **drizzle of oil** in pan used for veggies over medium-high heat. Add **cauliflower rice** and **remaining Southwest Spice**; cook, stirring occasionally, until slightly softened, 3-4 minutes. Stir in $\frac{1}{4}$ cup **water**; cook until tender, 3-4 minutes more. Season generously with **salt** and **pepper**. Remove from pan; keep covered until ready to serve.



2 COOK RICE

- In a small pot, combine **rice**, $\frac{3}{4}$ cup **water** ($1\frac{1}{2}$ cups water for 4 servings), **remaining Southwest Spice**, and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.

- Skip this step! (Save jasmine rice for another use.)



5 COOK CHICKEN

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **chicken** in a single layer and cook, stirring occasionally, until lightly charred and cooked through, 4-6 minutes. Add a **pinch of chili powder** to taste. Taste and season with **salt** and **pepper**.
- Stir in cooked **veggies**, then remove pan from heat.



3 PICKLE ONION & MIX CREMA

- While rice cooks, in a small microwave-safe bowl, combine $\frac{1}{4}$ of the **onion**, **juice from two lemon wedges**, $\frac{1}{4}$ tsp **sugar** ($\frac{1}{2}$ tsp for 4 servings), and a **pinch of salt**. Microwave until onion is softened, 1 minute. Set aside.
- In a separate small bowl, combine **sour cream**, **paprika**, and a **pinch of salt**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in 1 TBSP **butter** and season with **salt** to taste.
- Divide rice between bowls and top with **chicken and veggies**, **crema**, and as much **pickled onion** (**draining first**) as you like. Sprinkle with **cilantro**. Halve **remaining lemon wedge** and serve on the side.

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