



Mexican Popcorn Chicken & Garlic Rice

with Charred Corn-Tomato Salsa & Smokey Aioli

TAKEAWAY FAVES

BEST SELLER

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Tomato



Baby Spinach Leaves



Spring Onion



Sweetcorn



Boneless Chicken Drumsticks



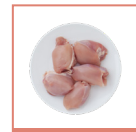
Mexican Fiesta Spice Blend



Cornflour



Smokey Aioli



Boneless Chicken Drumsticks

Recipe Update

Unfortunately, this week's coriander was in short supply, so we've replaced it with spring onion. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

Tonight's chicken is really 'popping off' (please forgive the pun). A touch of heat and the fun of Mexican inspired flavours and you've got chicken that will be popping with flavour (sorry we couldn't help it). Fragrant garlic rice helps to balance with the smokey sweet corn and tomato salsa. It's bound to be a pop-ular dish (okay we're done now).

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Plain Flour, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
spring onion	1 stem	2 stems
sweetcorn	1 tin	1 tin
boneless chicken drumsticks	1 packet	1 packet
Mexican Fiesta spice blend 🌶️	1 sachet	1 sachet
cornflour	1 packet	2 packets
plain flour*	1 tbs	2 tbs
white wine vinegar*	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet
boneless chicken drumsticks**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3302kJ (789Cal)	802kJ (191Cal)
Protein (g)	37.1g	9g
Fat, total (g)	32g	7.8g
- saturated (g)	9.4g	2.3g
Carbohydrate (g)	83.9g	20.4g
- sugars (g)	5.6g	1.4g
Sodium (mg)	1062mg	258mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4046kJ (967Cal)	707kJ (168Cal)
Protein (g)	65.9g	11.5g
Fat, total (g)	38.5g	6.7g
- saturated (g)	11.3g	2g
Carbohydrate (g)	83.9g	14.7g
- sugars (g)	5.6g	1g
Sodium (mg)	1196mg	209mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW29



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Cook the chicken

- Add **cornflour** and the **plain flour** to the **chicken** and toss to coat.
- Return frying pan to high heat with enough **olive oil** to coat the base of the pan.
- When oil is hot, dust off any excess flour from **chicken**, then cook, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Transfer to a paper towel-lined plate.

Custom Recipe: Cook chicken in batches for best results.

2



Get prepped

- Meanwhile, roughly chop **tomato** and **baby spinach leaves**. Thinly slice **spring onion**.
- Cut **boneless chicken drumsticks** into 2cm chunks.

Custom Recipe: If you've doubled your boneless chicken drumsticks, prep as above.

5



Toss the salsa

- Meanwhile, to the bowl of **charred corn**, add **tomato**, **baby spinach** and a drizzle of **white wine vinegar** and **olive oil**.
- Season to taste and toss to combine.

3



Char the corn

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- **SPICY!** The spice blend is hot! Add less if you're sensitive to heat. Meanwhile, combine **Mexican Fiesta spice blend**, a pinch of **salt** and a drizzle of **olive oil** in a second medium bowl. Add **chicken** and toss to coat. Set aside.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

Custom Recipe: Coat chicken in spice blend as above.

6



Serve up

- Divide garlic rice and charred corn-tomato salsa between bowls.
- Top with Mexican popcorn chicken and dollop over **smokey aioli**.
- Garnish with spring onion to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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