

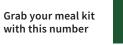
Tex-Mex Chicken Burrito Bowl

with Tomato Salsa, Cheddar Cheese & Garlic Aioli

NEW

AIR FRYER FRIENDLY

KID FRIENDLY











Carrot





Sweetcorn

Chicken Breast





Spice Blend







Shredded Cheddar Cheese

Parsley





Diced Bacon

Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me Early



Carb Smart



Protein Rich

We think burritos are even better in a bowl, don't you? That way you can mix up all the elements, like juicy Tex-Mex chicken, zingy salsa and fragrant garlic rice for the perfect bite. Or, you can enjoy them on their own, savouring their separate flavours. Either way, it's a winner for us!

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 lid \cdot Large frying pan \cdot Air fryer or Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
butter*	20g	40g	
garlic paste	1 small packet	1 medium packet	
jasmine rice	1 medium packet	1 large packet	
water*	1½ cups	3 cups	
carrot	1	2	
tomato	1	2	
sweetcorn	1 medium tin	1 large tin	
chicken breast	1 medium packet	2 medium packets OR 1 large packet	
Tex-Mex spice blend	1 medium sachet	1 large sachet	
white wine vinegar*	drizzle	drizzle	
garlic aioli	1 medium packet	1 large packet	
shredded Cheddar cheese	1 medium packet	1 large packet	
parsley	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2513kJ (601cal)	298kJ (71cal)
Protein (g)	43.9g	5.2g
Fat, total (g)	30g	3.6g
- saturated (g)	11.9g	1.4g
Carbohydrate (g)	38g	4.5g
- sugars (g)	8.7g	1g
Sodium (mg)	1141mg	135.5mg
Dietary Fibre (g)	3.6g	0.4g

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.



Make the garlic rice

- In a medium saucepan, heat the butter with a dash of olive oil over medium heat.
- Cook garlic paste until fragrant, 1-2 minutes.
- Add jasmine 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 12 minutes, then remove from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.

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



Get prepped

- Meanwhile, grate carrot. Finely chop tomato.
 Drain sweetcorn.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine chicken, Tex-Mex spice blend and a drizzle of olive oil. Set aside.



Char the corn

 Heat a large frying pan over high heat. Cook sweetcorn until lightly browned, 4-5 minutes.
 Transfer to a medium bowl.

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



Cook the chicken

- Meanwhile, set air fryer to 200°C.
- Place chicken steaks into air fryer basket and cook, turning halfway through, until golden and cooked through, 12-15 mins (cook in batches if needed).

TIP: No air fryer? Return frying pan to medium-high heat with a drizzle of olive oil. Cook chicken steaks until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).



Bring it all together

 To the bowl with the corn, add tomato, carrot, a drizzle of white wine vinegar and olive oil.
 Season to taste and toss to combine.



Serve up

- · Slice chicken.
- Divide garlic rice between bowls. Top with tomato salsa and chicken.
- Dollop over garlic aioli and sprinkle with shredded Cheddar cheese. Tear over parsley leaves to serve. Enjoy!





