



Tex-Mex Chicken Burrito Bowl

with Tomato Salsa, Cheddar Cheese & Garlic Aioli

NEW

AIR FRYER FRIENDLY

KID FRIENDLY



Grab your meal kit with this number

39



Garlic Paste



Jasmine Rice



Carrot



Tomato



Sweetcorn



Chicken Breast



Tex-Mex Spice Blend



Garlic Aioli



Shredded Cheddar Cheese



Parsley



Diced Bacon



Shredded Cheddar Cheese

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

Carb Smart

Protein Rich

Eat Me Early

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 · Large frying pan · Air fryer or Large frying pan

Ingredients

	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



1



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!

4



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).

2



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.

5



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.

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.

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

6



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!

CUSTOM OPTIONS



ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.



DOUBLE CHEDDAR CHEESE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

