

Mexican Popcorn Chicken & Garlic Rice

with Charred Corn-Tomato Salsa & Smokey Aioli

TAKEAWAY FAVES

Grab your meal kit with this number

5



Garlic



Basmati Rice



Tomato



Baby Leaves



Sweetcorn



Chicken Thigh



Mexican Fiesta Spice Blend



Cornflour



Smokey Aioli



Coriander



Shredded Cheddar Cheese



Chicken Thigh

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 fun Mexican-inspired flavours come together to create chicken that will be popping with flavour (sorry we couldn't help it). Add some fragrant garlic rice and a smokey sweetcorn and tomato salsa, and it's bound to be a pop-ular dish (okay we're done now).

Pantry items

Olive Oil, Butter, Plain Flour, 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 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 medium packet	1 large packet
water*	1½ cups	3 cups
tomato	1	2
baby leaves	1 small packet	1 medium packet
sweetcorn	1 medium tin	1 large tin
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
cornflour	1 packet	2 packets
plain flour*	1 tbs	2 tbs
white wine vinegar*	drizzle	drizzle
smokey aioli	1 medium packet	2 medium packets
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3342kJ (798Cal)	816kJ (195Cal)
Protein (g)	37.3g	9.1g
Fat, total (g)	38g	9.3g
- saturated (g)	11.2g	2.7g
Carbohydrate (g)	83.5g	20.4g
- sugars (g)	7.8g	1.9g
Sodium (mg)	988mg	241mg
Dietary Fibre (g)	3.2g	0.8g

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

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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!



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.

TIP: Chicken is cooked through when it's no longer pink inside.



Get prepped

- Meanwhile, roughly chop **tomato** and **baby leaves**. Drain **sweetcorn**.
- Cut **chicken thigh** into 2cm chunks.



Toss the salsa

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



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.



Serve up

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

CUSTOM OPTIONS

+ ADD CHEDDAR CHEESE
Sprinkle over before serving.

+ DOUBLE CHICKEN THIGH
Follow method above, cooking in batches if necessary.

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

