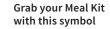


Easy Tex-Mex Chicken & Rapid Rice with Tomato Salsa & Garlic Aioli













Stock Powder









Salad Leaves



Chicken Breast

Tex-Mex Spice Blend





Tomato Paste



Garlic Aioli

Pantry items

Olive Oil, White Wine Vinegar, Butter



Hands-on: 15-25 mins Ready in: 25-35 mins



Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

 ${\sf Medium\ saucepan\cdot Large\ frying\ pan}$

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 packet	1 packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
tomato	1	2
salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
chicken breast	1 packet	1 packet
Tex-Mex spice blend	1 sachet	1 sachet
tomato paste	½ packet	1 packet
butter*	20g	40g
water*	1/4 cup	½ cup
garlic aioli	1 packet (50g)	1 packet (100g)

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2922kJ (698Cal)	667kJ (159Cal)
Protein (g)	40.7g	9.3g
Fat, total (g)	27.6g	6.3g
- saturated (g)	8.4g	1.9g
Carbohydrate (g)	69.6g	15.9g
- sugars (g)	7g	1.6g
Sodium (mg)	1336mg	305mg

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.



Cook the rapid rice

- · Boil the kettle.
- Half-fill a medium saucepan with boiling water. Add jasmine rice and a pinch of salt and cook, uncovered, over a high heat until tender, 12-14 minutes.
- Drain rice, then return to the saucepan. Add chicken-style stock powder and stir to combine. Set aside.



Cook the chicken

- Heat a large frying pan over high heat with a drizzle of olive oil. Cut chicken breast into 2cm chunks.
- When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Reduce heat to medium, then add Tex-Mex spice blend, tomato paste (see ingredients), the butter and garlic and cook, stirring, until fragrant,
 1 minute
- Add the water and simmer until slightly reduced, 1-2 minutes. Season to taste.



Get prepped

- Meanwhile, finely chop garlic. Roughly chop cucumber, tomato and salad leaves.
- In a large bowl, combine cucumber, tomato, salad leaves and a drizzle of white wine vinegar and olive oil. Season to taste. Set aside.



Serve up

- Divide rapid rice between bowls.
- Top with Tex-Mex chicken and tomato salsa.
- · Spoon over garlic aioli to serve.

Enjoy!