

# Mexican-Spiced Chicken & Garlic Rice

with Cucumber Salsa, Cheddar Cheese & Sour Cream

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Onion



Tomato



Cucumber



Sweetcorn



Mexican Fiesta Spice Blend



Sour Cream



Shredded Cheddar Cheese



Chicken Breast



### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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



Eat Me Early

Bright, colourful and full of flavour — those are the makings of all the best meals, including this one! With spiced Mexican Fiesta chicken, soothed with a dollop of sour cream and a fresh cucumber salsa dotted with sweetcorn and everything sprinkled in Cheddar cheese, you'll never want to go back to plain old chicken and rice again.

### Pantry items

Olive Oil, Butter, Rice Wine Vinegar (or White Wine Vinegar), White Wine Vinegar

## 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
jasmine rice	1 packet	1 packet
<b>water*</b>	1¼ cups	2½ cups
onion	½	1
<b>rice wine vinegar*</b> (or white wine vinegar)	¼ cup	½ cup
tomato	1	2
cucumber	1 (medium)	1 (large)
sweetcorn	½ tin	1 tin
<b>white wine vinegar*</b>	drizzle	drizzle
chicken breast	1 packet	1 packet
Mexican Fiesta spice blend 🌶️	1 sachet	1 sachet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3902kJ (932Cal)	560kJ (133Cal)
Protein (g)	52.2g	7.5g
Fat, total (g)	41.2g	5.9g
- saturated (g)	21.2g	3g
Carbohydrate (g)	85.7g	12.3g
- sugars (g)	15.5g	2.2g
Sodium (mg)	1334mg	191mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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 1/2 the **garlic** 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 the water is absorbed, **10-15 minutes**.

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

4



## Flavour the chicken

- **SPICY!** The spice blend is hot, use less if you're sensitive to heat.
- Cut **chicken breast** into 2cm strips. In a second medium bowl, combine **Mexican Fiesta spice blend**, the remaining **garlic** and a drizzle of **olive oil**. Season with **salt**.
- Add **chicken** and toss to coat.

2



## Pickle the onion

- Meanwhile, thinly slice **onion** (see ingredients).
- In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch **onion** in your hands, then add it to the **pickling liquid** with just enough **water** to cover onion. Set aside.
- Roughly chop **tomato** and **cucumber**. Drain **sweetcorn** (see ingredients).

3



## Make the salsa

- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper** and mix well.
- Add **tomato**, **cucumber** and **sweetcorn**. Set aside.

5



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing, until golden and cooked through, **3-4 minutes**.

6



## Serve up

- Drain pickled onion.
- Divide garlic rice between bowls. Top with Mexican-spiced chicken, cucumber salsa and pickled onion.
- Sprinkle over **shredded Cheddar cheese** and serve with **sour cream**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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