



Mexican Popcorn Chicken & Garlic Rice

with Charred Corn-Tomato Salsa & Smokey Aioli

NEW

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Tomato



Cucumber



Sweetcorn



Mexican Fiesta Spice Blend



Smokey Aioli



Coriander



Chicken Breast



Peeled Prawns

Recipe Update

The recent weather conditions across New Zealand have 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: 20-30 mins
Ready in: 30-40 mins

Eat Me First

Tonight's chicken is really 'popping off' (please forgive the pun). A touch of heat and the fun of Mexican inspired flavours and you've got chicken that will be popping with flavour (sorry we couldn't help it). Fragrant garlic rice helps to balance with the smokey sweet corn and tomato salsa. It's bound to be a pop-ular dish (okay we're done now).

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Plain Flour, White Wine Vinegar

Before you start

wash your hands and any fresh food

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 packet	1 packet
water*	1½ cups	3 cups
tomato	1	2
cucumber	1 (medium)	1 (large)
sweetcorn	1 tin	1 tin
chicken breast	1 packet	1 packet
Mexican Fiesta spice blend 🌶️	1 sachet	1 sachet
plain flour*	2 tbs	¼ cup
white wine vinegar*	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet
coriander	1 bag	1 bag
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3420kJ (817Cal)	820kJ (195Cal)
Protein (g)	40.8g	9.8g
Fat, total (g)	33.7g	8.1g
- saturated (g)	9.4g	2.3g
Carbohydrate (g)	84.3g	20.2g
- sugars (g)	6g	1.4g
Sodium (mg)	1062mg	255mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3011kJ (719Cal)	844kJ (201Cal)
Protein (g)	22g	6.2g
Fat, total (g)	28.5g	8g
- saturated (g)	7.9g	2.2g
Carbohydrate (g)	84.3g	23.6g
- sugars (g)	6g	1.7g
Sodium (mg)	1615mg	453mg

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

2023 | CW09



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 **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!

4

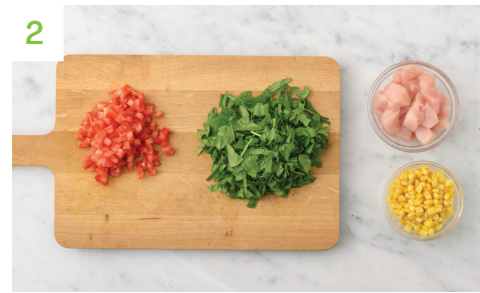


Cook the chicken

- 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.

Custom Recipe: Heat frying pan as above and cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Continue as above.

2



Get prepped

- Meanwhile, roughly chop **tomato** and **cucumber**. Drain the **sweetcorn**.
- Cut **chicken breast** into 2cm chunks.

5



Toss the salsa

- Meanwhile, to the bowl with the **corn**, add **tomato**, **cucumber** and 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.
- **SPICY!** You may find the spice blend hot! Add less if you're sensitive to heat. Meanwhile, combine **chicken**, **Mexican Fiesta spice blend**, the **plain flour**, a pinch of **salt** and a drizzle of **olive oil** in a second medium bowl. Set aside.

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

Custom Recipe: If you've swapped to prawns, combine them with the spice blend as above.

6



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate