



# Mexican Chicken & Rice with Corn Chips & Creamy Slaw

FRESH & FAST

Box to plate: 15 mins

Eat me early

KID FRIENDLY

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 4053kJ (969Cal) | Protein 51.3g | Fat, total 51.8g - saturated 16.5g | Carbohydrate 78.2g - sugars 15g | Sodium 1755mg  
The quantities provided above are averages only.

We're here to help! Scan here  
2023 | WK16 | X



# Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Chicken Breast Strips	1 pkt	1 pkt
Slaw Mix	1 bag (150g)	1 bag (300g)
Shredded Cheddar Cheese	1 pkt (40g)	1 pkt (80g)
Sour Cream	1 medium pkt	1 large pkt

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Sizzle



Chicken Breast Strips



Tex-Mex Spice Blend



Garlic Paste

## 2. Toss



Sweetcorn



Lemon



Slaw Mix



Garlic Aioli



Baby Spinach Leaves

## 3. Zap



Microwavable Basmati Rice



Shredded Cheddar Cheese



Sour Cream



Corn Chips

- Heat **olive oil** in a frying pan over high heat
- Cook **chicken**, until browned and cooked through, **6-7 mins**
- Add **spice blend**, **garlic paste** and a splash of **water**
- Cook until fragrant, **1-2 mins**

- Meanwhile, drain **sweetcorn**. Cut **lemon** into wedges
- In a bowl, combine, **slaw**, **corn**, **aioli**, **baby spinach** and a squeeze of **lemon juice**. Season

- Microwave **rice** until steaming, **2-3 mins**
- Plate up **rice**, **slaw** and **chicken**
- Top with **Cheddar cheese** and **sour cream**
- Crush **corn chips** and sprinkle over to serve



## Rate your recipe

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