

PULLED MEXICAN CHICKEN & RICE BOWL

with Tomato Salsa





Cook a cheat's pulled Mexican chicken















Chicken Thigh





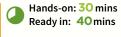


Enchilada Sauce



Greek Yoghurt

Pantry Staples: Olive Oil





You've heard of pulled pork, but homemade pulled chicken is easier, faster and even tastier! The chicken thighs get tender enough to easily tear into bite-sized chunks with forks, and with a mildly spiced tomato sauce this meal is a feast of colourful and delicious Mexican flavours. Eat up!

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• medium saucepan with a lid • large frying pan with a lid (or foil)



COOK THE RICE

In a medium saucepan, bring the water (for the rice) to the boil. Add the basmati **rice**, stir, cover with a lid and reduce the heat to low. Cook for 10 minutes, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes.** * TIP: The rice will finish cooking in its own steam so don't peek!



CHAR THE CORN

While the rice is cooking, finely chop the garlic (or use a garlic press). Zest the lime to get a **generous pinch**, then cut into wedges. Drain the sweetcorn (see ingredients list). Heat a large frying pan over a high heat. Add the corn kernels and cook until lightly browned, 4-5 minutes. Transfer to a medium bowl. *TIP: Cover the pan with a lid if the kernels are jumping out.



T FLAVOUR THE CHICKEN

In a medium bowl, combine the **chicken** thigh, Tex-Mex spice blend, garlic, a pinch of salt and pepper and a drizzle of olive oil.



COOK THE CHICKEN

Return the frying pan to a medium-high heat with a drizzle of olive oil. When the oil is hot, add the **chicken** and cook until browned, 2 minutes each side. Stir in the enchilada sauce and water (for the sauce). Bring to the boil then reduce the heat to medium-low. Cover with a lid (or foil) and cook until cooked through, **10-14 minutes**. Transfer the chicken to a chopping board and shred using two forks. * TIP: Slice the chicken if you prefer. Return chicken to the frying pan. Simmer over a medium-high heat until the sauce thickens slightly, 1-2 minutes.



MAKE THE SALSA

Stir the lime zest and a generous pinch of salt through the rice. Roughly chop the tomato. Grate the carrot (unpeeled). Add the tomato, carrot, a pinch of salt and pepper and a squeeze of **lime** to the bowl with the corn and toss to combine.



SERVE UP

6 SERVE UP
Divide the rice and pulled Mexican chicken between plates. Serve with the tomato salsa and any remaining lime wedges. Spoon over a dollop of the Greek yoghurt.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
garlic	2 cloves	4 cloves
lime	1	2
sweetcorn	½ tin (150 g)	1 tin (300 g)
chicken thigh	1 packet	1 packet
Tex-Mex spice blend	1 sachet	2 sachets
enchilada sauce	1 packet (150 g)	2 packets (300 g)
water* (for the sauce)	¼ cup	½ cup
tomato	1	2
carrot	1	2
Greek yoghurt	1 packet (100 g)	2 packets (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3300kJ (789Cal)	413kJ (99Cal)
Protein (g)	48.1g	6.0g
Fat, total (g)	20.0g	2.5g
- saturated (g)	5.8g	0.7g
Carbohydrate (g)	96.3g	12.0g
- sugars (g)	24.1g	3.0g
Sodium (g)	1160mg	145mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589 Hello@HelloFresh.co.nz

2019 | WK26

