



PULLED MEXICAN CHICKEN & RICE BOWL

with Tomato Salsa



Cook a cheat's pulled Mexican chicken



Basmati Rice



Garlic



Lime



Sweetcorn



Chicken Thigh



Tex-Mex Spice Blend



Enchilada Sauce



Tomato



Carrot



Greek Yoghurt

Pantry Staples: Olive Oil

Hands-on: **30 mins**
Ready in: **40 mins**

Eat me early

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!

BEFORE YOU START

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**)



1 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!*



2 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.*



3 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**.



4 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**.



5 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.



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!

2 | 4 PEOPLE 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](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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