

Easy Tex-Mex Chicken & Rice

with Tomato Salsa & Garlic Aioli

Grab your Meal Kit with this symbol



Basmati Rice



Chicken-Style Stock Powder



Garlic



Cucumber



Tomato



Baby Spinach Leaves



Diced Chicken



Tex-Mex Spice Blend



Tomato Paste



Garlic Aioli

 Hands-on: **15-25 mins**
Ready in: **25-35 mins**

 Eat Me Early

A tasty Tex-Mex style bowl that the whole family will love. Fragrant rice adds a tonne of flavour to the base of this dish and you'll love this marinade for the diced chicken. Quick and easy, who could resist!?

Pantry items

Olive Oil, White Wine Vinegar, Butter

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 · Large frying pan

Ingredients

	2 People	4 People
<i>olive oil</i> *	refer to method	refer to method
basmati rice	1 packet	1 packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
tomato	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
<i>white wine vinegar</i> *	drizzle	drizzle
diced chicken	1 packet	1 packet
Tex-Mex spice blend	1 sachet	1 sachet
tomato paste	½ packet	1 packet
<i>butter</i> *	20g	40g
<i>water</i> *	¼ cup	½ cup
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2813kJ (672Cal)	658kJ (157Cal)
Protein (g)	41.7g	9.7g
Fat, total (g)	24.5g	5.7g
- saturated (g)	7.5g	1.8g
Carbohydrate (g)	70.9g	16.6g
- sugars (g)	8.1g	1.9g
Sodium (mg)	1296mg	303mg

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.

1



Cook the rice

- Boil the kettle.
- Half-fill a medium saucepan with boiling water. Add **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**.
- Drain **rice** and return to saucepan. Add **chicken-style stock powder** and stir to combine. Set aside.

3



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over a high heat.
- When oil is hot, cook **diced chicken**, tossing occasionally, until browned and cooked through, **4-5 minutes**.
- Reduce heat to medium, then add **Tex-Mex spice blend**, **tomato paste** (see ingredients), the **butter** and **garlic** and cook, stirring, until fragrant, **1 minute**.
- Add the **water** and simmer until slightly reduced, **1-2 minutes**. Season.

2



Get prepped

- Meanwhile, finely chop **garlic**. Roughly chop the **cucumber**, **tomato** and **baby spinach leaves**.
- In a large bowl, combine **cucumber**, **tomato**, **baby spinach** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste. Set aside.

4



Serve up

- Divide the rice between bowls.
- Top with Tex-Mex chicken and tomato salsa.
- Spoon over **garlic aioli** to serve.

Enjoy!