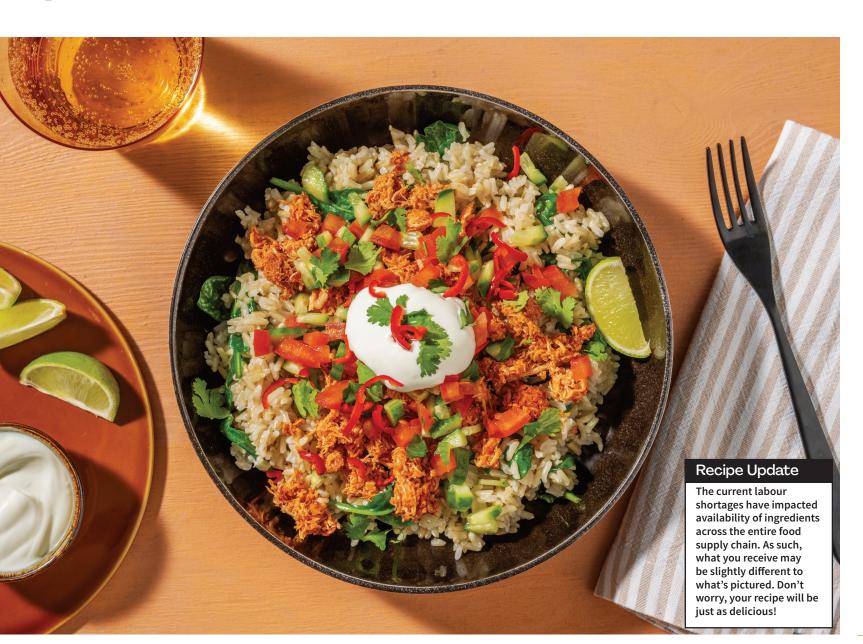


# Tex-Mex Pulled Chicken & Brown Rice

with Tomato Salsa & Lime Yoghurt

Grab your Meal Kit with this symbol











**Baby Spinach** 





Tomato





Tomato Paste



Greek-Style Yoghurt







Fresh Chilli (Optional)



Tex-Mex Spice Blend



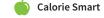
Herbs



Pulled Chicken

Prep in: 15-25 mins Ready in: 30-40 mins

**Dietitian Approved** 



Yes, we're putting everything in a bowl tonight, how else are we to contain this much yumminess? So, put in the brown rice and the spiced Tex-Mex chicken for those Mexican-style vibes, top with a classic salsa and zingy lime yoghurt and go ahead and lick the bowl clean when you're done!

**Pantry items** 

Olive Oil, Brown Sugar

### 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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
water* (for the rice)	3 cups	6 cups
garlic paste	1 packet	1 packet
baby spinach leaves	1 small bag	1 medium bag
cucumber	1 (medium)	1 (large)
tomato	1	2
fresh chilli (optional) 🌶	1/2	1
lime	1/2	1
Greek-style yoghurt	1 medium packet	1 large packet
pulled chicken	1 packet	1 packet
Tex-Mex spice blend	1 sachet	1 sachet
tomato paste	½ packet	1 packet
brown sugar*	½ tsp	1 tsp
water* (for the sauce)	⅓ cup	⅔ cup
herbs	1 bag	1 bag

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2101kJ (502Cal)	499kJ (119Cal)
Protein (g)	33g	7.8g
Fat, total (g)	12.5g	3g
- saturated (g)	3.3g	0.8g
Carbohydrate (g)	63g	15g
- sugars (g)	9.4g	2.2g
Sodium (mg)	994mg	236mg

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.



### Cook the brown rice

- In a medium saucepan, add brown rice and water (for the rice) and bring to the boil.
- Reduce heat to medium and simmer, uncovered, until rice is soft,
  25-30 minutes. Drain.
- Return saucepan to medium heat with a drizzle of olive oil. Add 1/2 the garlic paste and cook until fragrant, 1-2 minutes.
- Return rice to the saucepan, season with salt and stir to combine. Remove from heat, then stir through baby spinach leaves.



# Cook the chicken

- When the rice has 5 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook pulled chicken, breaking up with a spoon, 1-2 minutes.
- Add Tex-Mex spice blend, tomato paste (see ingredients) and remaining garlic paste, cooking until fragrant, 1 minute.
- Add the brown sugar and water (for the sauce) and simmer, until slightly reduced, 1-2 minutes. Season to taste.

TIP: Add a splash more water if the chicken mixture looks too dry.



## Get prepped

- Meanwhile, finely chop cucumber and tomato. Thinly slice fresh chilli (if using). Slice lime into wedges.
- In a small bowl, combine Greek-style yoghurt and a squeeze of lime juice.
  Set aside.



# Serve up

- Meanwhile, combine cucumber, tomato, a generous squeeze of lime juice and a drizzle of olive oil in a medium bowl. Season to taste.
- Divide brown rice between bowls. Top with Tex-Mex pulled chicken and tomato salsa.
- Tear over herbs and garnish with chilli (if using). Dollop over lime yoghurt.
- · Serve with any remaining lime wedges. Enjoy!

