

Tex-Mex Pulled Chicken & Brown Rice

with Tomato Salsa & Lime Yoghurt

Grab your Meal Kit with this symbol



Brown Rice



Garlic Paste



Baby Spinach Leaves



Cucumber



Tomato



Fresh Chilli (Optional)



Lime



Tex-Mex Spice Blend



Tomato Paste



Herbs



Greek-Style Yoghurt



Pulled Chicken

Recipe Update
 The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25** mins
 Ready in: **30-40** mins
 Dietitian Approved



Calorie Smart

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

	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) 🌶️	½	1
lime	½	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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW25



1



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**.

3



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.

2



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.

4



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!

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