



Peri-Peri Chicken & Charred Corn Rice Bowl

with Zesty Tomato Salsa & Coconut Sweet Chilli Mayo

NEW



Grab your Meal Kit with this symbol



Basmati Rice



Tomato



Baby Spinach Leaves



Lime



Garlic



Sweetcorn



Peri-Peri Seasoning



Chicken Tenderloins



Coconut Sweet Chilli Mayonnaise



Prawns

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

Our new peri-peri seasoning is the talk of the kitchen! You'll be joining its fan club when you see how it takes tender chicken to the next level and the way in which it transforms your rice bowl dreams into a reality!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
lime	½	1
garlic	2 cloves	4 cloves
sweetcorn	1 tin (125g)	1 tin (300g)
peri-peri seasoning	1 medium sachet	2 medium sachets
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
butter*	20g	40g
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3118kJ (745Cal)	691kJ (165Cal)
Protein (g)	45.5g	10.1g
Fat, total (g)	28.9g	6.4g
- saturated (g)	8g	1.8g
Carbohydrate (g)	73.3g	16.2g
- sugars (g)	8.7g	1.9g
Sodium (mg)	892mg	198mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2730kJ (652Cal)	706kJ (169Cal)
Protein (g)	22.8g	5.9g
Fat, total (g)	26.9g	7g
- saturated (g)	7.4g	1.9g
Carbohydrate (g)	73.3g	19g
- sugars (g)	8.7g	2.3g
Sodium (mg)	1473mg	381mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



1



Cook the rice

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

3



Cook the chicken

- Meanwhile, in a medium bowl, combine **peri-peri seasoning**, **chicken tenderloins** and a drizzle of **olive oil**.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken tenderloins** until browned and cooked through, **3-4 minutes** each side.
- In a small heatproof bowl, combine the **butter** and **garlic** and microwave in **10 second** bursts, until fragrant. Season.

TIP: Chicken is cooked through when it is no longer pink inside.

Custom Recipe: If you've upgraded to peeled prawns, coat prawns in spice blend as above. Return frying to medium-high heat with a drizzle of olive oil. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.

2



Get prepped

- Meanwhile, roughly chop **tomato** and **baby spinach leaves**. Cut **lime** into wedges. Finely chop **garlic**. Drain **sweetcorn**.
- Heat a large frying pan over high heat.
- Cook **corn** kernels until lightly browned, **4-5 minutes**. Transfer to a medium bowl and set aside.

TIP: Cover the pan with a lid if the kernels are 'popping' out.

4



Serve up

- In a second medium bowl, combine tomato, spinach, a generous squeeze of lime juice and drizzle of olive oil. Season to taste.
- To saucepan with rice, stir in charred corn and garlic butter until combined.
- Divide charred corn rice, peri-peri chicken and zesty tomato salsa between bowls.
- Top with **coconut sweet chilli mayonnaise**. Serve with any remaining lime wedges. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate