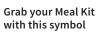


with Slaw & Garlic Yoghurt

DIETITIAN APPROVED\*















**Brown Onion** 





Greek-Style Yoghurt



Chicken Breast

Lemon Pepper Seasoning



Tex-Mex Spice

Slaw Mix





Prep in: 30-40 mins

\*Custom Recipe Ready in: 35-45 mins is not Dietitan **Approved** Eat Me Early

Give juicy chicken some heat with our Tex-Mex spice blend and you have a flavourful protein for a delicious rice bowl. With crunchy slaw, tasty Greek-style yoghurt and fluffy brown rice, we promise that you won't even miss the white rice.



Olive Oil, Vinegar (White Wine or Red Wine)

## 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
refer to method	refer to method
½ large packet	1 large packet
1 tin (125g)	1 tin (300g)
1	2
1	2
2 cloves	4 cloves
1 medium packet	1 large packet
1 small packet	2 small packets OR 1 large packet
1 medium sachet	2 medium sachets
1 medium sachet	1 large sachet
1 small bag	1 large bag
drizzle	drizzle
1 medium packet	1 large packet
	refer to method 1/2 large packet 1 tin (125g) 1 1 2 cloves 1 medium packet 1 small packet 1 medium sachet 1 small bag drizzle

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3346kJ (799Cal)	558kJ (133Cal)
Protein (g)	48.9g	8.2g
Fat, total (g)	12.9g	2.2g
- saturated (g)	3.8g	0.6g
Carbohydrate (g)	115.3g	19.2g
- sugars (g)	22.3g	3.7g
Sodium (mg)	999mg	167mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3690kJ (881Cal)	596kJ (142Cal)
Protein (g)	53.8g	8.7g
Fat, total (g)	19.9g	3.2g
- saturated (g)	8g	1.3g
Carbohydrate (g)	115.3g	18.6g
- sugars (g)	22.3g	3.6g
Sodium (mg)	1143mg	185mg

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





## Cook the brown rice

- Half-fill a medium saucepan with water.
- Add brown rice (see ingredients) and a generous pinch of salt.
- Bring to the boil over high heat and cook, uncovered, until tender, **25-30 minutes**.
- · Drain and set aside.



# Get prepped

- Meanwhile, drain sweetcorn.
- Thinly slice apple into wedges.
- Thinly slice brown onion.
- Finely chop garlic.
- In a small heatproof bowl, combine garlic and a drizzle of olive oil. Microwave in 10 second bursts until fragrant. Add Greek-style yoghurt, stirring to combine. Season.



#### Flavour the chicken

- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine lemon pepper seasoning, a drizzle of olive oil and generous pinch of salt and pepper. Add chicken and turn to coat.



# Cook the chicken

- When rice has 10 minutes remaining, heat a large frying pan over medium-high heat, with a drizzle of olive oil.
- Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).



## Flavour the rice

- Return saucepan to medium-high heat with a drizzle of olive oil.
- Cook corn and onion, tossing, until tender,
   4-5 minutes. Add Tex-Mex spice blend and cook until fragrant, 1 minute.
- Return brown rice to pan, tossing to coat,
   1 minute. Season to taste.
- In a bowl, add slaw mix, apple, a drizzle of the vinegar and olive oil.
- Toss to combine and season to taste.

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



# Serve up

- · Slice spiced chicken.
- Divide brown rice and slaw between bowls.
- Top with chicken and garlic yoghurt to serve. Enjoy!

**Custom Recipe:** If you've added shredded Cheddar cheese, sprinkle cheese over the rice to serve.

#### Rate your recipe

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.com.au/rate