



Spiced Chicken & Tex-Mex Brown Rice Bowl

with Slaw & Garlic Yoghurt

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Brown Rice



Sweetcorn



Apple



Brown Onion



Garlic



Greek-Style Yoghurt



Chicken Breast



Lemon Pepper Seasoning



Tex-Mex Spice Blend



Slaw Mix



Shredded Cheddar Cheese

Prep in: 30-40 mins
Ready in: 35-45 mins

**Custom Recipe is not Dietitian 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.

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

Pantry items

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
olive oil*	refer to method	refer to method
brown rice	½ large packet	1 large packet
sweetcorn	1 tin (125g)	1 tin (300g)
apple	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast	1 small packet	2 small packets OR 1 large packet
lemon pepper seasoning	1 medium sachet	2 medium sachets
Tex-Mex spice blend	1 medium sachet	1 large sachet
slaw mix	1 small bag	1 large bag
vinegar* (white wine or red wine)	drizzle	drizzle
shredded Cheddar cheese**	1 medium packet	1 large packet

*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.



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).



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 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.



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.



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