



# 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
<b>olive oil*</b>	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
<b>vinegar*</b> (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](https://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](https://hellofresh.com.au/rate)