



Mexican Chicken & Garlic Rice

with Corn Salsa & Sour Cream

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Corn



Tomato



Cucumber



Coriander



Chicken Tenderloin



Tex-Mex Spice Blend



Enchilada Sauce



Sour Cream



Shredded Cheddar Cheese

Hands-on: **30 mins**
Ready in: **35 mins**
 Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Looking for an easy way to spice up rice? We like to add butter and garlic to infuse it with flavour. Give it a go, and serve it with Mexican-style chicken and a corn salsa for a no-fuss dinner that ticks all the boxes.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Our fruit and veggies need a little wash first!

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
garlic	4 cloves
butter*	40g
basmati rice	2 packets
water*	3 cups
salt*	½ tsp
corn	1 cob
tomato	2
cucumber	1
coriander	1 bag
chicken tenderloin	1 packet
Tex-Mex spice blend	1½ sachets
enchilada sauce	1 sachet (150g)
white wine vinegar*	1 tsp
sour cream	1 packet (200g)
shredded Cheddar cheese	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2830kJ (675Cal)	592kJ (141Cal)
Protein (g)	52.8g	11.1g
Fat, total (g)	30.9g	6.5g
- saturated (g)	17.9g	3.7g
Carbohydrate (g)	44.3g	9.3g
- sugars (g)	8.9g	1.9g
Sodium (g)	1140mg	238mg

Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **basmati rice**, **water** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



2. Get prepped

SPICY! This is a mild spice blend, but if you or the kids are extra sensitive to heat, feel free to add less. While the rice is cooking, slice the kernels off the **corn** cob. Finely chop the **tomato** and **cucumber**. Roughly chop the **coriander**. Cut the **chicken tenderloin** into 1cm-thick chunks. In a medium bowl, combine the **chicken**, **1 1/2 sachets Tex-Mex spice blend**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Toss to coat.



3. Char the corn

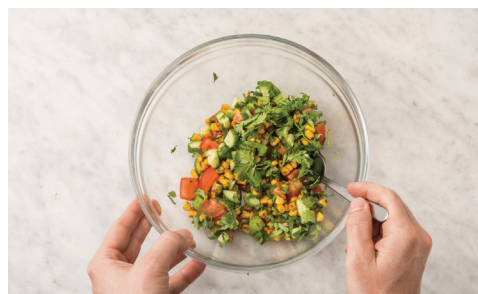
Heat a large frying pan over a high heat. When the pan is hot, add the **corn** kernels and cook, tossing, until lightly charred, **5 minutes**. Transfer to a medium bowl and set aside.

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



4. Cook the chicken

Return the frying pan to a high heat with a **drizzle** of **olive oil**. Add **1/2** the **chicken** and cook, tossing occasionally, until browned and cooked through, **3-4 minutes**. Transfer to a plate and repeat with the **remaining chicken**. Return the **chicken** to the pan, add the **enchilada sauce** and stir until heated through.



5. Make the corn salsa

To the bowl with the charred **corn**, add the **tomato**, **cucumber** and **coriander**. Add the **white wine vinegar** and **drizzle** with **olive oil**. Season with **salt** and **pepper** and stir to combine.



6. Serve up

Divide the garlic rice between bowls and top with the Mexican chicken. Spoon over any sauce remaining in the pan. Top with the corn salsa, a dollop of **sour cream** and a sprinkling of **shredded Cheddar cheese**.

Enjoy!