



DINNER - MEXICAN CHICKEN TENDERS & CHARRED CORN RICE

LUNCH - CHICKEN FAJITA WRAPS

DINNER TO LUNCH

Cook once,
eat twice!



Red Capsicum



Green Capsicum



Brown Onion



Garlic



Basmati Rice



Sweetcorn



Chicken Tenderloin



Mexican Fiesta
Spice Blend



Sour Cream



Coriander

FOR YOUR LUNCH



Classic Wraps



Baby Spinach
Leaves



Shredded Cheddar
Cheese

LUNCH

DINNER

Hands-on: **40-50 mins**
Ready in: **40-50 mins**



Eat me early

LUNCH

Ready in: **5-15 mins**



Spicy (Mexican
Fiesta spice blend)

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day! Cook up some flavour-packed Mexican chicken and enjoy it in a rice bowl for dinner, then fajita wraps for lunch. Extra delicious!

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **oven tray** lined with **baking paper** • **medium saucepan** with a **lid** • **large frying pan**



1 ROAST THE VEGGIES
 Preheat the oven to **240°C/220°C fan-forced**. Thinly slice the **red and green capsicum**. Slice the **brown onion** into 3cm wedges. Place the **red and green capsicum** and **onion** on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then roast until tender, **25-30 minutes**.

2 COOK THE GARLIC RICE
 While the veggies are roasting, 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, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt** 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 minutes**.
TIP: The rice will finish cooking in its own steam so don't peek!

3 CHAR THE CORN
 Heat a large frying pan over a high heat. Drain the **sweetcorn** (see ingredients list) and add to the pan. Cook, tossing, until lightly charred, **5 minutes**. Transfer to a bowl.
TIP: Cover the pan with a lid or foil if the kernels are "popping" out.



4 FRY THE CHICKEN
SPICY! The spice blend is hot, use less if you're sensitive to heat. In a medium bowl, combine the **chicken tenderloin**, **Mexican Fiesta spice blend** and a **drizzle** of **olive oil**. Toss to coat. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook until browned and cooked through, **3-4 minutes** each side.
TIP: If your pan is getting crowded, cook in batches for best results!

5 SERVE UP DINNER
 Reserve **2 portions** of the **chicken**, **roasted veggies** and **sour cream** for lunch. Roughly chop the **coriander**. Stir the **charred corn** through the **garlic rice**. Divide the **rice mixture** between bowls and top with the **remaining chicken** and **roasted veggies**. Top with the **sour cream** and **coriander**.



6 MAKE LUNCH
 When you're ready to pack your lunch, spread the **classic wraps** (see ingredients list) with the **reserved sour cream**. Fill with the **baby spinach leaves**, **reserved roasted veggies**, **shredded Cheddar cheese** and **reserved chicken**, then roll up to enclose. Wrap in foil or plastic wrap. Refrigerate. At lunchtime, unwrap and reheat in a sandwich press, or in **30 second bursts** in the microwave, until heated through.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red capsicum	1	2
green capsicum	1	2
brown onion	2	3
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
sweetcorn	1 tin (300g)	1½ tins (450g)
chicken tenderloin	1 packet	1 large & 1 small packet
Mexican Fiesta spice blend	2 sachets	3 sachets
sour cream	1 packet (200g)	2 packets (300g)
coriander	1 bag	1 bag
classic wraps	4	4
baby spinach leaves	1 bag (60g)	1 bag (60g)
shredded Cheddar cheese	1 packet (50g)	1 packet (50g)

*Pantry Items

NUTRITION

DINNER	PER SERVING	Per 100G
Energy (kJ)	3500kJ (837Cal)	572kJ (137Cal)
Protein (g)	53.5g	8.7g
Fat, total (g)	30.4g	5.0g
- saturated (g)	15.0g	2.5g
Carbohydrate (g)	81.9g	13.4g
- sugars (g)	13.7g	2.2g
Sodium (g)	1160mg	189mg

LUNCH	PER SERVING	Per 100G
Energy (kJ)	2730kJ (651Cal)	621kJ (148Cal)
Protein (g)	49.4g	11.3g
Fat, total (g)	33.0g	7.5g
- saturated (g)	15.2g	3.5g
Carbohydrate (g)	36.6g	8.3g
- sugars (g)	7.7g	1.8g
Sodium (g)	1030mg	234mg

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