



MEXICAN CHIPOTLE CHICKEN

with Verde Rice



Enhance the flavour of your Basmati rice



Garlic



Lime



Zucchini



Spring Onions



Basmati Rice



Chicken Stock



Taco Seasoning



Free-Range Chicken Thighs



Coriander



Oregano

Pantry Staples



Hot Water



Olive Oil



Honey

Hands-on: 25 mins
Ready in: 35 mins

Eat me early

The zingy chipotle chicken bowl will have you feeling fine. Make sure you prepare your chicken marinade before you get to the rest of your prep. That way, your caramelised chicken will be absolutely dripping with flavour.

BEFORE YOU START

You will need: **chef's knife, chopping board, garlic crusher, zester, small bowl, sieve, jug, fork, large bowl, tongs, large saucepan** with a lid, **wooden spoon** and **large frying pan**. Let's start cooking the **Mexican Chipotle Chicken with Verde Rice**.



1 GET PREPPED

Peel and crush the **garlic**. Zest and juice the **lime**. Dice the **zucchini**. Finely slice the **spring onions** (keep white and green part separate). Rinse the **Basmati rice**. In a jug combine the crumbled **chicken stock** cube and the **hot water** and stir with a fork until dissolved.



2 MARINATE CHICKEN

In the large bowl, combine the **taco seasoning, honey**, half the **olive oil**, half the **garlic, lime zest** and half the **lime juice**. Add the **chicken thighs** to the bowl and toss to coat in marinade. Set aside to marinate while you prepare the rice.



3 COOK RICE

Heat a large saucepan over a medium-high heat. Add the remaining **olive oil, garlic, zucchini** and white part of the **spring onion**. Cook for **2 minutes**, stirring constantly. Add the **Basmati rice** and cook for a further **2 minutes**, or until coated in the oil. Slowly pour in the **chicken stock** mixture and bring to the boil. Reduce the heat to a simmer and cover with a lid. Simmer for **10 minutes**, remove the lid and continue simmering for a further **5-10 minutes**, or until the water has absorbed. This will jazz up the flavour of the traditional Basmati rice.



4 COOK CHICKEN

When the **rice** has **10 minutes** of cook time remaining, heat a large frying pan over a high heat. Add the **chicken** (shaking off any excess marinade) and cook for about **3-4 minutes** on each side, or until lightly charred and cooked through.

TIP: Don't overcrowd the pan to ensure you get some nice caramelisation on the chicken.



5 VERDE UP RICE

Finely chop **coriander** leaves and stalks. Roughly chop **oregano** leaves. Once the **rice** is cooked, remove from the heat and stir through the green part of the **spring onion, coriander, oregano** (save a few herbs for the garnish!) and remaining **lime juice**. Season to taste with **salt** and **pepper**.



6 SERVE UP

To serve, divide the verde **rice** between bowls. Top with Mexican chipotle **chicken** and garnish with the remaining **coriander** and **oregano**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
garlic	2 cloves	4 cloves
lime	1	2
zucchini	1	2
spring onions	1 bunch	2 bunches
Basmati rice	1 packet (¾ cup)	2 packets (1½ cup)
chicken stock	1 cube	2 cubes
hot water*	2 cups	4 cups
taco seasoning	1 sachet (½ tsp)	2 sachets (1 tsp)
honey* (or brown sugar)	1 tsp	2 tsp
olive oil*	1 tbs	2 tbs
free-range chicken thighs	1 packet	2 packets
coriander	1 bunch	2 bunches
oregano	1 bunch	2 bunches

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2910	589
Protein (g)	44.1	8.9
Fat, total (g)	31.1	6.3
saturated (g)	9.1	1.9
Carbohydrate (g)	56.5	11.4
sugars (g)	15.7	3.2
Sodium (mg)	575	116

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hello@hellofresh.com.au

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