

## **PULLED MEXICAN CHICKEN & RICE BOWL**

with Guacamole & Tomato Salsa





Cook a cheat's pulled Mexican chicken









Coriander





Chicken Thigh



Tex-Mex Spice

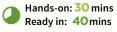


Enchilada Sauce





Pantry Staples: Olive Oil







Naturally gluten-free
Not suitable for Coeliacs

Eat me early

**S** Low calorie

You've heard of pulled pork, but homemade pulled chicken is easier, faster and even tastier! The chicken thighs get tender enough to easily tear into bite-sized chunks with forks, and with a mildly spiced tomato sauce this meal is a feast of colourful and delicious Mexican flavours. Eat up!

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use: · medium saucepan with lid · large frying pan



#### **COOK THE RICE**

In a medium saucepan, bring the water (for the rice) to the boil. Add the basmati rice, stir, cover with a lid and reduce the heat to low. Cook for 10 minutes, then remove the pan 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!



#### **GET PREPPED**

While the rice is cooking, finely chop the garlic (or use a garlic press). Roughly chop the coriander. Zest the lime to get a generous pinch, then cut into wedges. Scoop out the avocado flesh using a spoon into a medium bowl. Add a good squeeze of lime, a pinch of garlic and a **pinch** of **salt** and **pepper**. Mash with a potato masher or fork until you have a chunky guacamole. \* TIP: Add more or less lime juice or garlic to taste!



#### **THE CHICKEN**

In a medium bowl, combine the **chicken** thigh, Tex-Mex spice blend, the remaining garlic, a pinch of salt and pepper and a drizzle of olive oil.



### **COOK THE CHICKEN**

In a large frying pan, heat a **drizzle** of olive oil over a medium-high heat. When the oil is hot, add the **chicken** and cook until browned, 2 minutes each side. Stir in the enchilada sauce and water (for the sauce). Bring to the boil then reduce the heat to medium-low. Cover with a lid and cook until cooked through, 10-14 minutes. Transfer the chicken to a chopping board and shred using two forks. \* TIP: Slice the chicken if you prefer. Return chicken to the frying pan. Simmer over a medium-high heat until the sauce thickens slightly, 1-2 minutes.



#### ADD FLAVOUR TO THE RICE

Stir the **coriander** (reserve some for garnish!), lime zest and a generous pinch of salt through the rice. Roughly chop the tomato and cucumber. In a medium bowl, combine the tomato, cucumber, a pinch of salt and pepper and a squeeze of lime.



#### **SERVE UP**

Divide the rice, pulled Mexican chicken and guacamole between plates. Sprinkle with reserved coriander. Serve with the tomato salsa and any remaining lime wedges.

TIP: For the low-calorie option, serve with 1/2 the rice.

**ENJOY!** 

# INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
garlic	2 cloves	4 cloves
coriander	1 bag	1 bag
lime	1	2
avocado	1	2
chicken thigh	1 packet	1 packet
Tex-Mex spice blend	1 sachet	2 sachets
enchilada sauce	<b>1 packet</b> (150 g)	<b>1 packet</b> (300 g)
water* (for the sauce)	¼ cup	½ cup
tomato	1	2
cucumber	1	2

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	2280kJ (546Cal)	496kJ (118Cal)
Protein (g)	36.9g	8.0g
Fat, total (g)	24.3g	5.3g
- saturated (g)	6.2g	1.4g
Carbohydrate (g)	43.1g	9.4g
- sugars (g)	7.8g	1.7g
Sodium (g)	848mg	184mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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