



PULLED MEXICAN CHICKEN & RICE BOWL

with Guacamole & Tomato Salsa



Cook a cheat's pulled Mexican chicken



Basmati Rice



Garlic



Coriander



Lime



Avocado



Chicken Thigh



Tex-Mex Spice Blend



Enchilada Sauce



Tomato



Cucumber

Pantry Staples: Olive Oil

Hands-on: **30 mins**
Ready in: **40 mins**

Low calorie

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

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!

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan with lid**
- **large frying pan**



1 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!*



2 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!*



3 FLAVOUR 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**.



4 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**.



5 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**.



6 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!

2 | 4 PEOPLE 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	1 packet (150 g)	1 packet (300 g)
water* (for the sauce)	¼ cup	½ cup
tomato	1	2
cucumber	1	2

*Pantry Items

NUTRITION	PER SERVING	PER 100G
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](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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