



# Mexican Chicken & Garlic Rice

with Charred Corn Salsa & Chipotle Sour Cream



	Garlic
	Basmati Rice
	Sweetcorn
	Tomato
	Cucumber
	Coriander
	Tex-Mex Spice Blend
	Chicken Tenderloins
	Mild Chipotle Sauce
	Light Sour Cream
	Shredded Cheddar Cheese

Hands-on: 25-35 mins  
 Ready in: 30-40 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

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
sweetcorn	1 tin (125g)	1 tin (300g)
tomato	1	2
cucumber	1	2
coriander	1 bag	1 bag
Tex-Mex spice blend	1 sachet	2 sachets
chicken tenderloins	1 small packet	1 large packet
mild chipotle sauce	1 packet	2 packets
light sour cream	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
shredded Cheddar cheese	1 medium packet	1 large packet

\*Pantry items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3432kJ (820Cal)	619kJ (148Cal)
Protein (g)	53.5g	9.6g
Fat, total (g)	31.6g	5.7g
- saturated (g)	18.6g	3.4g
Carbohydrate (g)	76.1g	13.7g
- sugars (g)	11.4g	13.7g
Sodium (mg)	1162mg	210mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](http://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 1 Make the garlic rice

Finely chop the **garlic**. 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 a pinch of **salt**, stir, then 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!



### 2 Get prepped

**SPICY!** This is a mild spice blend, but if you're sensitive to heat, feel free to add less. While the rice is cooking, drain the **sweetcorn**. Finely chop the **tomato** and **cucumber**. Roughly chop the **coriander**. In a medium bowl, combine the **Tex-Mex spice blend** and a drizzle of **olive oil**. Add the **chicken tenderloins**. Season with **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. In a small bowl, combine the **mild chipotle sauce** and **light sour cream**.

**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**. When the oil is hot, add the **chicken** in batches and cook, tossing occasionally, until browned and cooked through, **3-4 minutes** each side.

**TIP:** Chicken is cooked through when it's no longer pink inside.



### 5 Make the charred corn salsa

Add the **tomato**, **cucumber** and **coriander** to the bowl with the **corn**. Add a drizzle of **white wine vinegar** and **olive oil**, then stir to combine. Season to taste.



### 6 Serve up

Divide the garlic rice between bowls. Top with the Mexican chicken, spooning over any remaining sauce from the pan. Serve topped with the charred corn salsa, chipotle sour cream and **shredded Cheddar cheese**.

**Enjoy!**

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