



Creole Chicken & Roast Veggie Rice Bowl

with Yoghurt Drizzle

Grab your Meal Kit
with this symbol



Capsicum



Sweetcorn



Peeled & Chopped
Pumpkin



Garlic



Spring Onion



Basmati Rice



Yoghurt



Chicken Breast



Creole Spice
Blend



Hands-on: **25-35** mins
Ready in: **40-50** mins



Eat me early

All aboard! Next stop is New Orleans, aka Flavortown, aka you're not going to believe you whipped this dish up yourself; it's that delicious. Do we sound a little over-excited? It's only because this rice bowl is full of tasty treats, from Creole chicken to sweet, colourful roasted veggies. Perfection, really.

Pantry items

Olive Oil, Butter

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

Oven tray lined with baking paper ·
Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
sweetcorn	½ tin	1 tin
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
(for the rice)		
salt*	¼ tsp	½ tsp
yoghurt	1 small packet	1 large packet
water*	1 tsp	2 tsp
(for the yoghurt)		
chicken breast	1 packet	1 packet
Creole spice blend	1 sachet	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3190kJ (762Cal)	487kJ (116Cal)
Protein (g)	48.8g	7.5g
Fat, total (g)	22.2g	3.4g
- saturated (g)	10.2g	1.6g
Carbohydrate (g)	85.6g	13.1g
- sugars (g)	18.3g	2.8g
Sodium (mg)	920mg	140mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Slice the **capsicum** into 1cm strips. Drain the **sweetcorn** (see ingredients list).



2. Roast the veggies

Place the **peeled & chopped pumpkin** and **capsicum** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.



3. Cook the garlic rice

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Thinly slice the **spring onion**. In a medium saucepan, melt the **butter** with a **dash** of **olive oil**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **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!



4. Make the yoghurt drizzle

While the rice is cooking, combine the **yoghurt**, **water (for the yoghurt)** and a **pinch** of **salt** and **pepper** in a small bowl. Set aside. Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a small bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



5. Cook the chicken

While the corn is charring, slice the **chicken breast** into 1cm strips. In a medium bowl, combine the **Creole spice blend**, a **drizzle** of **olive oil** and a **generous pinch** of **salt** and **pepper**. Add the **chicken** strips and toss to coat. When the veggies have **5 minutes** cook time remaining, return the frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **chicken** and cook, tossing occasionally, until lightly browned and cooked through, **3-4 minutes**.

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



6. Serve up

Stir the charred corn through the garlic rice. Divide the garlic rice between bowls and top with the Creole chicken and roasted veggies. Drizzle over the yoghurt dressing and garnish with the spring onion.

Enjoy!