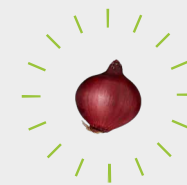




MEXICAN CHICKEN BURRITO BOWL

with Black Bean Rice & Sour Cream



Master a cheat's pickled onion



Black Beans



Garlic



Basmati Rice



Red Onion



Tomato



Coriander



Baby Spinach Leaves



Chicken Thigh



Mexican Fiesta Spice Blend



Shredded Cheddar Cheese



Sour Cream

Hands-on: **25 mins**
Ready in: **30 mins**

Spicy (Mexican Fiesta spice blend)

Eat me early

This burrito bowl is guaranteed to be a new favourite. Our star Mexican Fiesta spice blend gives the chicken oodles of flavour, while the easy pickled onion, tangy sour cream and fresh tomato salsa tie it all together.

Pantry Staples: Olive Oil, Butter, White Wine Vinegar

BEFORE YOU START

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



1 MAKE THE BLACK BEAN RICE

Drain and rinse the **black beans** (see ingredients list). Finely chop the **garlic** (or use a garlic press). 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** (for the rice), **black beans** and the **salt** and 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 PICKLE THE RED ONION

While the rice is cooking, thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **white wine vinegar**, **water** (for the onion), a **good pinch** of **sugar** and a **good pinch** of **salt**. Scrunch the **onion** in your hands, then add to the liquid and stir to coat. Set aside until just before serving.
TIP: Toss the onion occasionally so it stays submerged.



3 GET PREPPED

SPICY! The spice blend is hot, use less if you're sensitive to heat. Finely chop the **tomato**. Roughly chop the **coriander** (reserve a few leaves for garnish). Roughly chop the **baby spinach leaves**. Cut the **chicken thigh** into 2cm chunks. In a medium bowl, combine the **chicken**, **Mexican Fiesta spice blend** and a **drizzle** of **olive oil**. Toss to coat.



4 COOK THE CHICKEN

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **chicken** and cook, tossing, until browned and cooked through, **3-4 minutes**.



5 MAKE THE TOMATO SALSA

In a medium bowl, combine the **tomato** and **coriander**. Add some of the **onion pickling liquid** (**1 tsp for 2 people / 2 tsp for 4 people**) and a **drizzle** of **olive oil**. Season with **salt** and **pepper** and stir to combine.



6 SERVE UP

Drain the pickled onion. Stir the chopped baby spinach through the black bean rice. Divide the black bean rice between bowls and top with the Mexican spiced chicken, tomato salsa, **shredded Cheddar cheese**, **sour cream** and pickled onion. Sprinkle with the reserved coriander leaves.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
black beans	½ tin	1 tin
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	½ tsp	1 tsp
red onion	½	1
white wine vinegar*	¼ cup	½ cup
water* (for the onion)	¼ cup	½ cup
tomato	2	4
coriander	1 bunch	1 bunch
baby spinach leaves	1 bag (60g)	1 bag (120g)
chicken thigh	1 packet	1 packet
Mexican Fiesta spice blend	1 sachet	2 sachets
shredded Cheddar cheese	1 packet (50g)	2 packets (100g)
sour cream	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3810kJ (911Cal)	593kJ (142Cal)
Protein (g)	53.7g	8.4g
Fat, total (g)	40.1g	6.2g
- saturated (g)	20.8g	3.2g
Carbohydrate (g)	83.0g	12.9g
- sugars (g)	11.0g	1.7g
Sodium (g)	1240mg	193mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

2019 | WK47



ENJOY!