

Mexican Chicken & Garlic Quinoa Bowl

with Creamy Slaw & Charred Corn Salsa

Grab your Meal Kit
with this symbol



Garlic



Quinoa



Sweetcorn



Carrot



Spring Onion



Lime



Tomato



Coriander



Chicken Breast



Mexican Fiesta
Spice Blend



Shredded
Cabbage Mix



Garlic Aioli



Hands-on: **20-30 mins**
Ready in: **30-40 mins**



Eat me early



Spicy (Mexican
Fiesta spice blend)

The secret to an amazing nourish bowl? Add fluffy garlic quinoa for heartiness, Mexican spiced chicken breast for flavour, creamy aioli slaw, and a fresh salsa for garnish. Mix together for a truly magical result!

Pantry items

Olive Oil

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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
quinoa	1 packet	2 packets
water*	1¼ cups	2½ cups
sweetcorn	½ tin	1 tin
carrot	1	2
spring onion	1 stem	2 stems
lime	½	1
tomato	1	2
coriander	1 bunch	1 bunch
chicken breast	1 packet	1 packet
Mexican Fiesta spice blend	1 sachet	1 sachet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2815kJ (672Cal)	478kJ (114Cal)
Protein (g)	42.9g	7.3g
Fat, total (g)	26.6g	4.5g
- saturated (g)	3.8g	0.6g
Carbohydrate (g)	49g	8.3g
- sugars (g)	17.6g	3g
Sodium (mg)	1098mg	186mg

The quantities provided above are averages only.

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



Cook the garlic quinoa

Finely chop the **garlic**. In a medium saucepan, add a drizzle of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **quinoa**, the **water** and a pinch of **salt** to the saucepan, then cover with a lid. Bring to the boil, then reduce the heat to medium and simmer, uncovered, until the quinoa is tender and the water has been absorbed, **15-17 minutes**. Cover to keep warm.

2



Char the corn

While the quinoa is cooking, drain the **sweetcorn** (see ingredients). Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

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

3



Get prepped

While the corn is charring, grate the **carrot**. Thinly slice the **spring onion**. Zest the **lime** to get a pinch, then slice into wedges. Roughly chop the **tomato** and **coriander**.

4



Cook the chicken

SPICY! The spice blend is hot, use less if you're sensitive to heat. Cut the **chicken breast** into 1cm strips. In a large bowl, combine the **Mexican fiesta spice blend**, a drizzle of **olive oil** and a splash of **water**. Add the **chicken strips** and toss to coat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until browned and cooked through, **3-4 minutes** each side. Season to taste and remove from the heat.

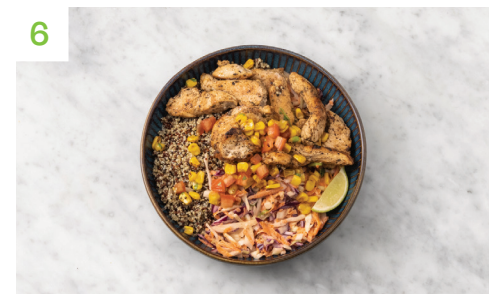
5



Make the slaw & salsa

While the chicken is cooking, combine the **carrot**, **spring onion**, **shredded cabbage mix**, **garlic aioli** and a good squeeze of **lime juice** in a second large bowl. Season to taste and set aside. Add the **tomato**, **coriander** and **lime zest** to the charred **corn**. Drizzle with **olive oil** and toss to combine. Season to taste.

6



Serve up

Divide the garlic quinoa and creamy slaw between bowls. Top with the Mexican chicken and charred corn salsa. Serve with any remaining lime wedges.

Enjoy!