



# Mexican Baked Chicken with Seasoned Rice

Family Friendly 25-35 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Chicken Thighs  
280 g | 560 g

Double



Chicken Breasts  
4 | 8



Chicken Breasts  
2 | 4



Mexican Seasoning  
2 tbsp | 4 tbsp



Corn Kernels  
113 g | 227 g



Sweet Bell Pepper  
1 | 2



Tomato Salsa  
1/2 cup | 1 cup



Basmati Rice  
3/4 cup | 1 1/2 cups



Chicken Broth Concentrate  
1 | 2



Cheddar Cheese, shredded  
1/2 cup | 1 cup

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Pantry items | Oil, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, strainer, 8x8" baking dish

1



### Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Using a strainer, rinse **rice** until water runs clear.
- To a medium pot, add **1 cup** (2 cups) **water**, **broth concentrate** and **1/8 tsp** (1/4 tsp) **salt**. Cover and bring to a boil over high heat. Add **rice** to the **boiling water**, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-15 min.
- Remove from heat. Set aside, still covered.

2



### Prep

- ◌ Swap | **Chicken Thighs**
- ✖2 Double | **Chicken Breasts**

- Core, then cut **pepper** into 1/4-inch pieces.
- Pat **chicken** dry with paper towels. Season with **Mexican Seasoning** and **salt**.

3



### Start chicken

- Heat a large non-stick pan over medium-high, then add **1 tbsp** (2 tbsp) **oil**. When hot, add **chicken**. (**NOTE:** Don't crowd the pan; cook chicken in 2 batches if needed.) Cook until golden-brown, 2-3 min per side.
- Transfer **chicken** to a 8x8-inch (9x13-inch) baking dish. Set aside.

4



### Cook veggies

- Reheat the same pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **peppers** and **corn**. Cook, stirring often, until tender, 4-5 min.
- Add **salsa** and **2 tbsp** (4 tbsp) **water**. Stir to combine.

5



### Finish Mexican chicken bake

- Pour **salsa-veggie mixture** over the **chicken**. Sprinkle with **cheese**.
- Bake **chicken** in the **middle** of the oven until cooked through, 8-10 min. **\*\***

6



### Finish and serve

- Fluff the **rice** with a fork.
- Divide **rice** between plates, then top with **baked chicken-salsa mixture**.

Measurements within steps **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 2 | Prep

◌ Swap | **Chicken Thighs**

If you've opted for **chicken thighs**, prep and cook **chicken thighs** in the same way you would prep and cook **chicken breasts**.

## 2 | Prep

✖2 Double | **Chicken Breasts**

If you've opted for **double chicken**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of chicken**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F.