

HELLO Chicken Burrito Bowls

with Pico De Gallo and Green Onion Rice

Family Friendly 20-30 Minutes













2 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 🦫



Chicken • 500 g | 1000 g



Ground Chicken 250 g | 500 g



Garlic Puree 1 tbsp | 2 tbsp



Green Onion 1 | 2



Basmati Rice 34 cup | 1 1/2 cups



Tomato



2 | 4





Corn Kernels 341 ml | 341 ml



1 | 2

Sour Cream



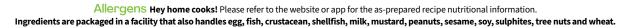
Guacamole



3 tbsp | 6 tbsp

Seasoning

2 tbsp | 4 tbsp



Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, small bowl, strainer, zester



Cook rice

- Before starting, add 1 cup (2 cups) water and \% tsp (\% tsp) salt to a medium pot.
- · Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Using a strainer, rinse rice until water runs clear.
- Add rice to the boiling water, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



Prep

- Meanwhile, cut tomatoes into ½-inch pieces.
- Zest, then juice lime.
- Thinly slice green onion, keeping green and white parts separate.
- Drain, then rinse **corn** and pat dry with paper towels. (NOTE: If you received canned corn, only use half the corn for 2 ppl. Reserve the remaining for another creation.)



Cook chicken

🔘 Swap | Ground Beef

🚫 Swap | Beyond Meat®

2 Double | Ground Chicken

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add 1/2 tbsp (1 tbsp) oil, then **ground chicken**.
- · Cook, breaking up chicken into smaller pieces, until no pink remains, 4-5 min.**
- Season with salt and pepper.



Finish chicken

- Add corn to the pan with chicken. Cook, stirring occasionally, until golden-brown, 4-5 min.
- Reduce heat to medium. Stir in Mexican Seasoning, garlic puree and 3 tbsp (6 tbsp) water.
- Cook, stirring often, until fragrant, 1-2 min. Remove from heat.



Make condiments

- Meanwhile, combine sour cream, half the lime juice and half the lime zest in a small bowl. (NOTE: This is your lime crema.)
- Add tomatoes, green onion whites and remaining lime juice to a medium bowl. Season with salt and pepper, then toss to combine. (NOTE: This is your pico de gallo.)

Finish and serve

- Fluff rice with a fork, then add remaining lime zest and remaining green onions. Season with **salt**, then stir to combine.
- Divide rice between bowls, then top with chicken mixture and pico de gallo.
- Dollop lime crema and guacamole over top.

Measurements within steps

1 tbsp

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.

3 | Cook beef

🔘 Swap | Ground Beef

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the chicken.**

3 | Cook Beyond Meat®

🗘 Swap | Beyond Meat®

If you've opted to get **Beyond Meat**®, cook for 5-6 min, in the same way as the chicken, breaking up patties into smaller pieces, until crispy.**

3 | Cook chicken

2 Double | Ground Chicken

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the regular portion of chicken. Work in batches, if necessary.

- * 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.