









# Chicken Burrito Bowls

with Pico De Gallo and Green Onion Rice

Family Friendly 20-30 Minutes

 Swap	 Swap	 Double
		
Ground Beef 250 g   500 g	Beyond Meat® 2   4	Ground Chicken 500 g   1000 g

 Customized Protein  Add  Swap or  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)



	
Ground Chicken 250 g   500 g	Garlic Puree 1 tbsp   2 tbsp
	
Green Onion 1   2	Basmati Rice ¾ cup   1 ½ cups
	
Tomato 2   4	Lime 1   2
	
Corn Kernels 341 ml   341 ml	Sour Cream 1   2
	
Guacamole 3 tbsp   6 tbsp	Mexican Seasoning 2 tbsp   4 tbsp

**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.

**Ingredient quantities** 56 g | 113 g  
2 person | 4 person

Pantry items | Oil, salt, pepper

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

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### Cook rice

- Before starting, add 1 cup (2 cups) water and ½ tsp (¼ 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.

2



### 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.)

3



### 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 ½ **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**.

4



### 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.

5



### 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.)

6



### 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 <b>tbsp</b>	(2 <b>tbsp</b> )	<b>oil</b>
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.

### 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.