



Chicken Burrito Bowls

with Charred Corn Salsa and Cheese

Family Friendly 25-35 Minutes



-  Chicken Tenders
-  Basmati Rice
-  Tex-Mex Paste
-  Corn Kernels
-  Sour Cream
-  Cheddar Cheese, shredded
-  Roma Tomato
-  Lime



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HELLO TEX-MEX PASTE

Smoky, sweet and spicy combined for the perfect Tex-Mex flavour!

Start here

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

Bust out

Baking sheet, medium bowl, measuring spoons, zester, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Basmati Rice	¾ cup	1 ½ cups
Tex-Mex Paste	1 tbsp	2 tbsp
Corn Kernels	113 g	227 g
Sour Cream	3 tbsp	6 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Roma Tomato	80 g	160 g
Lime	1	1
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

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.

Contact

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Cook rice

- Add **half the Tex-Mex paste, 1 ¼ cups water, ¼ tsp salt** and **1 tbsp butter** (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, stir in **rice**, 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.



Char corn

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **corn**. Season with **salt** and **pepper**. Cook, stirring occasionally, until deep golden-brown or 'charred', 5-6 min.
- Remove from heat.



Prep

- Meanwhile, zest **half the lime**, if desired. (**TIP:** You can skip zesting the lime for less prep!)
- Juice **half the lime**. Cut **remaining lime** into wedges.
- Cut **tomato** into ½-inch pieces.



Make salsa

- Add **corn, tomatoes, half the lime juice** (use all for 4 ppl) and **¼ tsp sugar** (dbl for 4 ppl) to a medium bowl.
- Season with **salt** and **pepper**, to taste, then toss to combine.



Prep and bake chicken

- Line a baking sheet with parchment paper.
- Pat **chicken** dry with paper towels.
- On a separate cutting board, cut **chicken** into 1-inch pieces. (**TIP:** Use kitchen shears to cut chicken with ease!)
- Add **chicken, remaining Tex-Mex paste** and **½ tbsp oil** (dbl for 4 ppl) to the prepared sheet. Season with **salt** and **pepper**, then toss to coat.
- Arrange **chicken** in a single layer. Bake in the **middle** of the oven until cooked through, 10-12 min. **



Finish and serve

- Fluff **rice** with a fork. Stir in **lime zest**, if using.
- Divide **rice** between bowls. Top with **chicken, salsa, sour cream** and **cheese**.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!