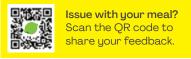


# Chicken Burrito Bowls

with Pico De Gallo and Green Onion Rice

Quick

25 Minutes







**Ground Chicken** 





Garlic Puree

**Green Onion** 





Basmati Rice

Roma Tomato





Lime

Corn Kernels





Sour Cream

Guacamole





# Start here

- Before starting, add 1 <sup>1</sup>/<sub>4</sub> cups  $(2^{1}/_{2} \text{ cups})$  water and  $1/_{4} \text{ tsp} (1/_{2} \text{ tsp})$ salt to a medium pot.
- · Cover and bring to a boil over high heat.
- Wash and dry all produce.

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

#### **Bust out**

Medium bowl, measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan

# Ingredients

	2 Person	4 Person
Ground Chicken •	250 g	500 g
Tofu	1	2
Garlic Puree	1 tbsp	2 tbsp
Green Onion	1	2
Basmati Rice	¾ cup	1 ½ cups
Roma Tomato	2	4
Lime	1	2
Corn Kernels	113 g	227 g
Sour Cream	3 tbsp	6 tbsp
Guacamole	3 tbsp	6 tbsp
Mexican Seasoning	2 tbsp	4 tbsp
Oil*		

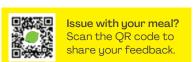
Salt and Pepper\*

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





#### Cook rice

- Add rice to the boiling water. Reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove the pot 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.



## Cook chicken

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

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces. Cook it in the same way the recipe instructs you to cook the **chicken**, then increase the cooking time to 5-6 min, until tofu is lightly crisped and golden brown.



#### Finish chicken

- Add corn to the pan with chicken. Cook, stirring occasionally, until corn is goldenbrown, 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.

# Dinner Solved!