

HELLO Chicken Burrito Bowls With Pice De Galle and Green Onion Pi

with Pico De Gallo and Green Onion Rice

Family Friendly

20 - 30 Minutes





250g | 500g











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 🦫



Ground Chicken 250 g | 500 g







Green Onion 1 | 2







Tomato



2 | 4









Corn Kernels 113 g | 227 g

Sour Cream 3 tbsp | 6 tbsp

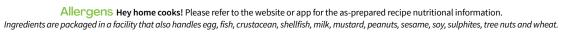


Guacamole



3 tbsp | 6 tbsp

Mexican Seasoning 2 tbsp | 4 tbsp



Cooking utensils | Measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan, medium bowl



Cook rice

- Before starting, add 1 ¼ cups (2 ½ cups) water and 1/4 tsp (1/2 tsp) salt to a medium pot.
- · Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Add rice to the boiling water. Reduce heat
- 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 onions, keeping green and white parts separate.



Cook chicken

O Swap | Ground Beef

O Swap | Plant-Based Protein Shreds

- Heat a large non-stick pan over medium-high heat.
- When the pan is 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.



3 | Cook protein shreds

🔘 Swap | Plant-Based Protein Shreds

1 tbsp

(2 tbsp)

oil

Measurements

3 | Cook ground beef

Swap | Ground Beef

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

within steps

the chicken.**

If you've opted to get plant-based protein **shreds**, cook and plate it the same way as the recipe instructs you to cook and plate the chicken, tossing occasionally until cooked through, 6-8 min.**



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.



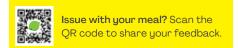
Make condiments

- 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.



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