



# Chicken Fajita Bowls with Spiced Rice

Family Friendly 25 Minutes

Customized Protein + Add Swap or x2 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)



Chicken Breasts +  
2 | 4

Plant-Based Protein Shreds  
200 g | 400 g



Chicken Tenders +  
310 g | 620 g

Basmati Rice  
¾ cup | 1 ½ cups



Sweet Bell Pepper  
1 | 2



Mexican Seasoning  
2 tbsp | 4 tbsp



Sour Cream  
3 tbsp | 6 tbsp



Tomato Salsa  
½ cup | 1 cup



Garlic, cloves  
1 | 2



Red Onion  
1 | 2



Cheddar Cheese, shredded  
¼ cup | ½ cup

**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.

**Pantry items** | Oil, sugar, salt, pepper

**Cooking utensils** | Baking sheet, medium bowl, measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

1



### Cook rice and prep chicken

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

[Swap](#) | [Chicken Breasts](#)

[Swap](#) | [Protein Shreds](#)

- Peel, then mince or grate **garlic**.
- Add **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, pat **chicken** dry with paper towels.
- Add **chicken**, **half the garlic** and **half the Mexican Seasoning** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- Add **rice** to the **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.

4



### Cook veggies

- Heat the same pan (from step 2) over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **peppers**, **onions**, **remaining garlic** and **remaining Mexican Seasoning**. Cook, stirring often, until **peppers** are tender-crisp, 3-4 min.
- Remove the pan from heat, then transfer **veggies** to a plate.

2



### Cook chicken

[Swap](#) | [Protein Shreds](#)

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear until golden-brown, 2-3 min per side.
- Remove the pan from heat.
- Transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven until cooked through, 7-10 min.\*\*

5



### Assemble fajita rice

- Fluff **rice** with a fork. Heat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **rice**. Cook, stirring occasionally, until any **liquid** is absorbed and **rice** starts to brown, 2-3 min.
- Add **veggie mixture**. Season with **salt** and **pepper**.
- Cook, stirring often, until warmed through, 1-2 min.

3



### Finish prep

- Meanwhile core, then cut **pepper** into ½-inch slices.
- Peel, then cut **onion** into ¼-inch slices.

6



### Finish and serve

[Swap](#) | [Protein Shreds](#)

- Divide **fajita rice** between bowls.
- Top with **chicken** and **salsa**.
- Sprinkle **cheese** over top.
- Dollop with **sour cream**.

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

### 1 | Cook rice and prep chicken

[Swap](#) | [Chicken Breasts](#)

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

### 1 | Cook rice and prep protein shreds

[Swap](#) | [Protein Shreds](#)

If you've opted to get **protein shreds**, prepare them the same way the recipe instructs you to prepare the **chicken tenders**. Disregard instructions to pat dry with paper towels.

### 2 | Cook protein shreds

[Swap](#) | [Protein Shreds](#)

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **protein shreds**. Cook, flipping once or twice, until cooked through, 6-8 min.\*\* Transfer **protein shreds** to a plate. Cover to keep warm.

### 6 | Finish and serve

[Swap](#) | [Protein Shreds](#)

Top final plates with **protein shreds**.

\* 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, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.