



# Chicken Burrito Bowls

with Pico De Gallo and Green Onion Rice

Family Friendly 20 - 30 Minutes

Customized Protein **+** Add **↻** Swap or **\*2** 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)



<b>↻</b> Swap	<b>↻</b> Swap
Ground Beef	Plant-Based Protein Shreds
250g   500g	200g   400g

Ground Chicken*	Garlic Puree
250 g   500 g	1 tbsp   2 tbsp

Green Onion	Basmati Rice
1   2	¾ cup   1 ½ cups

Tomato	Lime
2   4	1   2

Corn Kernels	Sour Cream
113 g   227 g	3 tbsp   6 tbsp

Guacamole	Mexican Seasoning
3 tbsp   6 tbsp	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.*

Pantry items | Oil, pepper, salt

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

1



### Cook rice

- Before starting, 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.
- Wash and dry all produce.

- 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 from heat. Set aside, still covered.

2



### Prep

- Meanwhile, cut **tomatoes** into ½-inch pieces.
- Zest, then juice **lime**.
- Thinly slice **green onions**, keeping green and white parts separate.

3



### Cook chicken

Swap | Ground Beef

Swap | Plant-Based Protein Shreds

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tblsp**) **oil**, then **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 **tblsp**) **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 **tbsp** (2 **tblsp**) **oil**  
2 person 4 person Ingredient

### 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 the **chicken**\*\*

### 3 | Cook protein shreds

Swap | Plant-Based Protein Shreds

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.\*\*

\* 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.



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