



Chicken Burrito Bowls

with Pico De Gallo and Green Onion Rice

Quick 25 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

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- Ground Chicken
- Tofu
- Garlic Puree
- Green Onion
- Basmati Rice
- Roma Tomato
- Lime
- Corn Kernels
- Sour Cream
- Guacamole
- Mexican Seasoning

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

Start here

- Before starting, add 1 $\frac{1}{4}$ cups (2 $\frac{1}{2}$ cups) water and $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
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	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ 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.

1



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.

2



Prep

- Meanwhile, cut **tomatoes** into $\frac{1}{2}$ -inch pieces.
- Zest, then juice **lime**.
- Thinly slice **green onion**, keeping green and white parts separate.

3



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add $\frac{1}{2}$ **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.

4



Finish chicken

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

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.

Dinner Solved!



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