



MEXICAN CHICKEN & RICE BOWLS

with Salsa Fresca & Lime Sour Cream



HELLO TURMERIC

Praised for its health benefits (and tastiness), turmeric is commonly found in curries, soups, and rice dishes.

PREP: 5 MIN | **TOTAL: 20 MIN** | **CALORIES: 660**

- | | | | | | |
|--|--|--|--|---|--|
| 
Chicken Stock Concentrate | 
Jasmine Rice | 
Roma Tomato | 
Lime | 
Chicken Breast Strips | 
Hot Sauce |
| 
Turmeric | 
Long Green Pepper | 
Scallions | 
Southwest Spice Blend | 
Sour Cream
(Contains: Milk) | |

START STRONG

Why do we pat our chicken breast strips with paper towels before seasoning? To blot out as much moisture as possible. That way, the spices can really grab on—plus, when the chicken hits the heat, it will brown (rather than steam) to golden perfection.

BUST OUT

- Small pot
- Zester
- Large pan
- Paper towels
- 2 Small bowls
- Vegetable oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Chicken Stock Concentrate **1** | **2**
- Turmeric **1 tsp** | **1 tsp**
- Jasmine Rice **½ Cup** | **1 Cup**
- Long Green Pepper **1** | **2**
- Roma Tomato **1** | **2**
- Scallions **2** | **4**
- Lime **1** | **2**
- Southwest Spice Blend **1 TBSP** | **2 TBSP**
- Chicken Breast Strips* **10 oz** | **20 oz**
- Sour Cream **4 TBSP** | **8 TBSP**
- Hot Sauce  **1 tsp** | **2 tsp**

* Chicken is fully cooked when internal temperature reaches 165 degrees.



1 COOK RICE

In a small pot, combine **stock concentrate**, **¼ tsp turmeric** (½ tsp for 4 servings; be sure to measure—we sent more), and **¾ cup water** (1½ cups for 4). Bring to a boil, then stir in **rice** and a pinch of **salt**. Cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



4 COOK CHICKEN

Pat **chicken** dry with paper towels; season with remaining **Southwest Spice**, **salt**, and **pepper**. Add chicken and another large drizzle of **oil** to pan with **green pepper**. Cook, stirring occasionally, until chicken is cooked through and green pepper is caramelized, 4-6 minutes. Stir in **1 TBSP butter** (2 TBSP for 4 servings) until melted. Turn off heat.



2 PREP

While rice cooks, **wash and dry all produce**. Halve, core, and thinly slice **green pepper** into strips. Dice **tomato**. Trim and thinly slice **scallions**. Zest and quarter **lime** (for 4 servings, zest 1 lime and quarter both).



5 MAKE SALSA & LIME SOUR CREAM

While chicken cooks, in a small bowl, combine **tomato**, **scallions**, a squeeze of **lime juice**, **salt**, and **pepper**. In a separate small bowl, combine **sour cream**, **lime zest**, a squeeze of lime juice, **salt**, and **pepper**.



3 COOK GREEN PEPPER

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **green pepper**; season with half the **Southwest Spice** (you'll use the rest in the next step), **salt**, and **pepper**. Cook, stirring, until slightly softened, 2-3 minutes.



6 FINISH & SERVE

Fluff **rice** with a fork; stir in **1 TBSP butter** (2 TBSP for 4 servings) until melted. Season with **salt** and **pepper**. Divide between bowls. Top with **chicken mixture**, **salsa**, and **lime sour cream**. Drizzle with **hot sauce** to taste. Serve with any remaining **lime wedges** on the side.

MORE, PLEASE

Use your extra turmeric in a yogurt sauce, your morning smoothie, or a salad dressing!

Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com

WK27 NJ-7