



Southwest Chicken & Green Pepper Bowls

with Charred Corn Salsa & Monterey Jack

New

25-35 Minutes · Calories: 770 · Protein: 43 g

Ingredients



Corn



Onion



Fresh Red Salsa



Southwest
Spice Blend



Garlic Powder



Cumin



Sour Cream



Long Green
Pepper



Monterey Jack
Cheese



Chopped
Chicken Breast



White Rice



Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.



Hello

Southwest Spice Blend

Chili powder, garlic, and cumin bring major flavor.

Before you start

Nice Char

Lightly charring the corn in Step 3 creates deliciously smoky, caramel-sweet notes. Don't overdo it, though—you want the kernels blistered, not burnt!

Cooking tools

small pot, paper towels, large pan, small bowls, strainer

Pantry ingredients

kosher salt, black pepper, cooking oil, butter

Nutrition

Nutrients	per serving
Calories:	770
Total Fat:	25g
Saturated Fat:	9g
Sodium:	660mg
Total Carbohydrate:	85g
Dietary Fiber:	5g
Added Sugars:	0g
Protein:	43g

Allergens

sour cream (contains: milk), monterey jack cheese (contains: milk), butter (contains: milk)

Cook for YOUR Crowd

Our recipes are customizable!

Double Protein/Veggies? Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

Making 3 Servings? Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

Making 6 Servings? Just triple the 2-serving recipe—easy!

For HelloCustom nutritional information, please refer to HelloFresh.com.



1 Cook Rice

- In a small pot, combine **rice**, **1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



4 Cook Chicken & Veggies

- Open package of **chicken*** and drain off any excess liquid.
- Heat a **large drizzle of oil** in pan used for corn over medium-high heat. Add **green pepper, onion, chicken, Southwest Spice Blend, garlic powder, ½ tsp cumin (1 tsp for 4 servings), salt, and pepper. (Save remaining cumin for another use.)** Cook, stirring occasionally, until veggies are just beginning to soften, 2-3 minutes. **TIP: Lower heat if chicken and veggies begin to brown too quickly.**
- Add **¼ cup water and 1 TBSP butter (½ cup water and 2 TBSP butter for 4)**. Cook, stirring frequently, until chicken is cooked through and sauce has slightly thickened, 2-3 minutes more. Taste and season with **salt and pepper** if desired.

*Poultry is fully cooked when internal temperature reaches 165°.



Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to hellofresh.com/about/faq for safe cooking guidelines.



2 Prep

- While rice cooks, **wash and dry produce**.
- Drain **corn**; pat dry with paper towels. Halve, core, and thinly slice **green pepper** into strips. Halve, peel, and thinly slice **onion**.



5 Make Crema

- Place **sour cream** in a second small bowl. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt and pepper**.



3 Make Corn Salsa

- Heat a **drizzle of oil** in a large pan over high heat. Add **corn** and cook, stirring occasionally, until golden brown and lightly charred in spots, 4-6 minutes. **TIP: Cover pan if corn begins to pop!**
- Turn off heat; transfer corn to a small bowl. Stir in **salsa**; set aside until ready to serve.



6 Finish & Serve

- Fluff **rice** with a fork. Taste and season with **salt and pepper** if desired.
- Divide rice between shallow bowls and top with **chicken and veggies**. Top with **Monterey Jack** and **corn salsa**. Drizzle **crema** over everything and serve.

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