



INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Tomato



2 | 4
Scallions



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



4 TBSP | 8 TBSP
Guacamole



1 | 2
Microwavable
Rice



13.4 oz | 26.8 oz
Black Beans



10 oz | 20 oz
BBQ Pulled
Chicken



1 TBSP | 2 TBSP
Southwest
Spice Blend



¼ Cup | 1 Cup
Monterey Jack
Cheese
Contains: Milk



2 tsp | 4 tsp
Hot Sauce

CHEESY BBQ PULLED CHICKEN BOWLS

with Rice, Black Beans & Creamy Guacamole



READY, SET,
LUNCH!



ANY ISSUES WITH
YOUR ORDER?
SCAN HERE TO
GET HELP!

TOTAL TIME: 10 MIN | CALORIES: 810 | SERVINGS: 2



BUST OUT

- Small bowl
- Plastic wrap
- Strainer
- Kosher salt
- Large bowl
- Black pepper

MAKE IT AHEAD!

Want to win major you-have-your-stuff-together points? Prep your bowls (minus the toppings) in microwave-safe containers in the morning, then pop them into the fridge. When you're ready to eat, heat 'em up, top with cheese, guac, and scallion greens, and enjoy!

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CHEESY BBQ PULLED CHICKEN BOWLS

with Rice, Black Beans & Creamy Guacamole

INSTRUCTIONS

- **Wash and dry produce.**
- Finely dice **tomato**. Trim and thinly slice **scallions**, separating whites from greens. In a small bowl, combine **sour cream**, **guacamole**, tomato, and **scallion whites**. Season with **salt** and **pepper**.
- Microwave **rice** according to package directions.
- Drain **beans**. Place beans and **pulled chicken*** in a large microwave-safe bowl; season with **Southwest Spice Blend**. Cover bowl with plastic wrap. Microwave until warmed through, 2 minutes. Remove plastic wrap and season chicken and beans with **salt** and **pepper**.
- Divide **rice** between bowls. Top with **pulled chicken and beans** and dollop with **creamy guacamole**. Sprinkle with **Monterey Jack** and **scallion greens**. Drizzle with **hot sauce** to taste and serve.

*Pulled Chicken is fully cooked when internal temperature reaches 165°.