



20-MIN MEAL

MEXICAN CHICKEN AND RICE BOWL

with Salsa Fresca



HELLO TURMERIC

Praised for its health benefits (and tastiness), it's commonly found in curries, soups, and rice dishes.

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 670



Chicken Stock Concentrate



Jasmine Rice



Roma Tomato



Lime



Chicken Stir-Fry



Hot Sauce



Turmeric



Long Green Pepper



Scallions



Southwest Spice Blend



Sour Cream
(Contains: Milk)

START STRONG

Why do we pat our chicken stir-fry with paper towels before seasoning? To blot out as much moisture as possible. That way, when the chicken hits the heat, it will brown (rather than steam) to golden perfection.

BUST OUT

- Small pot
- Zester
- Large pan
- Paper towel
- 2 Small bowls
- Vegetable oil (4 tsp | 8 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Chicken Stock Concentrate 1 | 2
- Turmeric ½ 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 Stir-Fry 10 oz | 20 oz
- Sour Cream 4 TBSP | 8 TBSP
- Hot Sauce 1 tsp | 2 tsp

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 COOK RICE

Place **chicken stock concentrate**, ½ **tsp turmeric** (use the rest as you like), and **1 cup water** in a small, lidded pot. Bring to a boil over high heat, then stir in **rice** and a pinch of **salt**. Cover and reduce heat to a gentle simmer. Cook until tender, about 15 minutes. Keep covered off heat.



4 COOK CHICKEN

Pat **chicken** dry with a paper towel. 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 pepper is caramelized, 5-7 minutes. Stir in **1 TBSP butter** until melted. Remove from heat.



2 PREP

While rice cooks, **wash and dry all produce**. Halve, core, and deseed **green pepper**, then thinly slice. Dice **tomato**. Trim, then thinly slice **scallions**. Zest 1 **tsp** zest from **lime**, then cut into wedges.



5 MAKE SALSA AND CREMA

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, salt,** and **pepper**. Cook, stirring, until slightly softened, 2-3 minutes.



6 FINISH AND SERVE

Fluff **rice** with a fork, then stir in **1 TBSP butter** until melted. Season with **salt** and **pepper** and divide between bowls. Top with **chicken and green pepper**. Spoon **salsa** over and dollop with **crema**. 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 whisked into salad dressing!

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