



ARROZ CON POLLO

with Avocado, Tomato, and Lime Crema



HELLO LIME CREMA

Sour cream gets zesty with the addition of citrus.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 660**



Yellow Onion



Basmati Rice



Avocado



Lime



Garlic



Sour Cream
(Contains: Milk)



Smoky Mexican
Seasoning



Chicken
Demi-Glace
(Contains: Milk)



Heirloom
Grape Tomatoes



Cilantro



Chicken Tenders

START STRONG

If your pan doesn't have a lid, carefully cover it with aluminum foil while the rice cooks.

BUST OUT

- 2 Large pans
- Zester
- Small bowl
- Oil (4 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|---------------------------|---------|
| • Yellow Onion | 1 |
| • Smoky Mexican Seasoning | 2 TBSP |
| • Basmati Rice | 1½ Cups |
| • Chicken Demi-Glace | 1 |
| • Heirloom Grape Tomatoes | 8 oz |
| • Avocado | 1 |
| • Cilantro | ¼ oz |
| • Lime | 1 |
| • Garlic | 1 Clove |
| • Sour Cream | 6 TBSP |
| • Chicken Tenders | 24 oz |

HELLO WINE

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1 START RICE

Wash and dry all produce. Halve, peel, and dice **onion**. Heat a large drizzle of **oil** in a large, tall-sided pan over medium-high heat. Add **onion** and **1 TBSP smoky Mexican seasoning** (we'll be using the rest later). Toss until softened and fragrant, 3-4 minutes. Add **rice** and toss to coat.



4 MAKE CREMA

In a small bowl, stir together **sour cream**, **lime zest**, juice from half the **lime**, **2 TBSP water**, and a pinch of **garlic**. Add more water as needed to achieve a drizzly consistency. Season with **salt** and **pepper**.



2 COOK RICE

Stir **3 cups water** and **demi-glace** into pan. Bring to a boil. Reduce heat to medium-low, cover, and let simmer until **rice** is tender, about 15 minutes. Remove from heat and keep covered until rest of meal is ready.



5 COOK CHICKEN

Heat a large drizzle of **oil** in another large pan over medium-high heat. Season **chicken** all over with **salt**, **pepper**, and remaining **smoky Mexican seasoning**. Add **chicken** to pan and cook until browned and no longer pink in center, 2-3 minutes per side. (**TIP:** Work in batches to help chicken brown and avoid overcrowding.)




3 PREP

Meanwhile, halve **tomatoes**. Halve, pit, and scoop flesh from **avocado**, then thinly slice. Pick **cilantro leaves** from stems; discard stems. Zest **lime** until you have ¼ tsp zest, then cut into halves. Cut one half into wedges. Mince or grate **1 clove garlic** (we sent more) until you have ¼ tsp minced **garlic**.



6 FINISH

Fluff **rice** with a fork and season with **salt** and **pepper**. Divide between plates. Top with **chicken**, **tomatoes**, and **avocado**. (**TIP:** Arrange the avocado slices like a fan for a pretty presentation.) Drizzle with **crema** and sprinkle with **cilantro**. Serve with **lime wedges** for squeezing over.  **KIDS CAN HELP!**

ROCK OUT!

We like to think of the sliced avocado as deconstructed guacamole.



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