



# YUCATÁN CITRUS CHICKEN BOWLS

with Poblano, Smoky Red Pepper Crema & Pickled Onion

## INGREDIENTS

2 PERSON | 4 PERSON

- |   |   |   |
|---|---|---|
| <br>1   2<br>Mandarin Orange   | <br>1   2<br>Lime                            | <br>1   2<br>Yellow Onion                  |
| <br>1   2<br>Poblano Pepper  | <br>¼ oz   ½ oz<br>Cilantro                  | <br>10 oz   20 oz<br>Chicken Breast Strips |
| <br>1   2<br>Tex-Mex Paste   | <br>1 TBSP   2 TBSP<br>Southwest Spice Blend | <br>½ Cup   1 Cup<br>Jasmine Rice          |
| <br>4 TBSP   8 TBSP<br>Smoky Red Pepper Crema<br>Contains: Milk, Soy | <br>1 tsp   1 tsp<br>Ancho Chili Powder      |   |

## HELLO

### MANDARIN ORANGE

Sweeter than the common orange, this fruit's juice is perfect for marinades, sauces, or sipping on its own.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 650



## MARVELOUS MARINADE

Citrus juice is a key ingredient in the cuisine of the Yucatán, a region bordering the Gulf of Mexico. There, it's often used as a marinade for meat, as well as a pickling liquid for tangy onions. Here, we pair lime and mandarin orange juices with zesty spices to add punchy, vibrant complexity to chicken, and garnish with lime-pickled onion slices for good measure.

## BUST OUT

- Zester
- Paper towels
- Medium bowl
- Small pot
- 2 Small bowls
- Large pan
- Kosher salt
- Black pepper
- Sugar ( $\frac{1}{4}$  tsp |  $\frac{1}{2}$  tsp)
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 1 TBSP)  
Contains: Milk

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



## 1 PREP & MARINATE CHICKEN

- **Wash and dry produce.**
- Halve **mandarin**. Zest and quarter **lime**. Halve, peel, and thinly slice **onion**. Halve, core, and thinly slice **poblano** crosswise into strips. Roughly chop **cilantro**.
- Pat **chicken\*** dry with paper towels; place in a medium bowl. Toss with **Tex-Mex paste**, **juice from mandarin**, **lime zest**, **half the Southwest Spice** (you'll use the rest in the next step), and **juice from one lime wedge** (two wedges for 4 servings).



## 4 COOK VEGGIES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **poblano** and season with **salt** and **pepper**. Cook, stirring, until slightly softened, 3-4 minutes.
- Add another **drizzle of oil** and **remaining onion**; season with **salt** and **pepper**. Cook, stirring, until veggies are tender, 4-6 minutes.
- Transfer to a plate.



## 2 COOK RICE

- In a small pot, combine **rice**,  $\frac{3}{4}$  **cup water** ( $1\frac{1}{2}$  cups water for 4 servings), **remaining Southwest Spice**, and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



## 5 COOK CHICKEN

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **chicken** in a single layer; cook, stirring occasionally, until lightly charred and cooked through, 4-6 minutes. Add a **pinch of chili powder** to taste. Season with **salt** and **pepper** to taste.
- Stir in **veggies**, then remove pan from heat.



## 3 PICKLE ONION & MIX CREMA

- While rice cooks, in a small microwave-safe bowl, combine  $\frac{1}{4}$  of the **onion**, **juice from half the lime**,  $\frac{1}{4}$  **tsp sugar** ( $\frac{1}{2}$  tsp for 4 servings), and a **pinch of salt**. Microwave until onion is softened, 1 minute. Set aside.
- In a separate small bowl, combine **smoky red pepper crema** and a **pinch of salt**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



## 6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter** until melted. Season with **salt** to taste.
- Divide rice between bowls and top with **chicken and veggies**, **crema**, and as much **pickled onion** (draining first) as you like. Sprinkle with **cilantro**. Cut **remaining lime** into wedges and serve on the side.

WK 15-17