



# CHICKEN AND GUAC BURRITO BOWLS

with Long Green Pepper, Salsa Fresca, and Hot Sauce Crema



## HELLO

### SOUTHWEST SPICE BLEND

Chili powder, garlic, and cumin bring major flavor to this bowl-tastic dish.

PREP: 5 MIN | TOTAL: 35 MIN | CALORIES: 810



Long Green Pepper



Sour Cream  
(Contains: Milk)



Guacamole



Shallot



Chicken Cutlets



Monterey Jack  
Cheese  
(Contains: Milk)



Jasmine Rice



Hot Sauce



Roma Tomato



Lime



Southwest  
Spice Blend

## START STRONG

Why do we pat our chicken 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

- Medium pot
- Zester
- 2 Small bowls
- Large pan
- Paper towels
- Vegetable oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)
- Kosher salt
- Black pepper

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Long Green Pepper 1 | 2
- Shallot 1 | 2
- Jasmine Rice  $\frac{3}{4}$  Cup |  $1\frac{1}{2}$  Cup
- Roma Tomato 1 | 2
- Lime 1 | 2
- Sour Cream 2 TBSP | 4 TBSP
- Hot Sauce  1 tsp | 2 tsp
- Southwest Spice Blend 1 TBSP | 2 TBSP
- Chicken Cutlets\* 10 oz | 20 oz
- Guacamole 4 TBSP | 8 TBSP
- Monterey Jack Cheese  $\frac{1}{4}$  Cup |  $\frac{1}{2}$  Cup

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

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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## 1 PREP AND COOK RICE

Wash and dry all produce. Core, deseed, and slice **green pepper** crosswise into thin strips. Halve, peel, and thinly slice **shallot**; mince a few slices until you have 2 tsp (4 tsp for 4 servings). In a medium pot, combine **rice** and **1¼ cups salted water** (2¼ cups for 4 serving); bring to a boil. Reduce heat to a simmer, cover, and cook until tender, about 15 minutes. Turn off heat. Keep covered until ready to serve.



## 4 COOK VEGGIES

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **green pepper** and cook, stirring occasionally, until beginning to soften, about 6 minutes. Stir in **sliced shallot**, half the **Southwest Spice** (you'll use the rest later), **salt**, and **pepper**. Cook until veggies are softened and beginning to brown, about 2 minutes more. Turn off heat. Transfer to a plate and loosely cover with foil to keep warm. Wipe out pan.

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## 2 MAKE SALSA FRESCA

Meanwhile, finely dice **tomato**. Zest and quarter **lime** (quarter both limes for 4 servings). In a small bowl, combine tomato, **minced shallot**, and juice from **2 lime wedges** (4 wedges for 4). Season with **salt** and **pepper**.



## 5 COOK CHICKEN

Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **pepper**, then rub to evenly coat with remaining **Southwest Spice**. Heat a large drizzle of **oil** in pan used for veggies over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Turn off heat and transfer to a cutting board. Slice chicken crosswise.



## 3 MAKE CREMA

In a second small bowl, combine **sour cream** and **hot sauce** (to taste). Add **water**, 1 tsp at a time, until it reaches a drizzling consistency. Season with **salt**.



## 6 FINISH AND SERVE

Fluff **rice** with a fork, then stir in **lime zest**, **1 TBSP butter** (2 TBSP for 4 servings), **salt**, and **pepper**. Divide rice between bowls. Top with **chicken**, **veggies**, **guacamole**, **cheese**, and **salsa fresca**. Drizzle with **crema** and any remaining **hot sauce**, if desired. Serve with remaining **lime wedges** on the side.

## GUAC OUT!

Is there any better way to top a bowl?