



MEXICAN SPICED CHICKEN

with Roasted Broccoli and Coconut Sauce



HELLO COOKBOOK

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Chicken Breast



Mexican Spice Mix



Coconut Milk



Chicken Stock Pot



Brown Basmati Rice



Broccoli



Garlic Clove



Coriander



Lime

MEAL BAG

40 mins

1 of your 5 a day

Medium heat

To celebrate Cinco de Mayo, Chef André has created a Mexican-inspired dish to knock your sombreros off. The chicken is marinated in coconut milk to tenderise the meat, pan-fried to give it a crispy golden skin, and then roasted for extra juiciness. Served with roasted broccoli (the only way to eat it!), a creamy and zesty coconut sauce, and nutty brown rice, we had a hard time deciding which part of this recipe we loved most, and we're pretty sure you will too.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Mixing bowl**, **Fine Grater**, **Frying Pan** (with a **Lid**), some **Baking Paper**, a **Baking Tray**, **Sieve** and **Measuring Jug**. Now, let's get cooking!



1 MARINATE THE CHICKEN

Preheat your oven to 200°C and put a large saucepan of **water** with a pinch of **salt** on to boil for the rice. Pop the **chicken** into a mixing bowl and season with **salt** and **pepper**. Sprinkle on **half** of the **Mexican spice mix**. Shake the tin of **coconut milk** to break up the solids, then pour **one-third** over the **chicken**. Mix to make sure that the **chicken** is well coated. Keep to one side. **! IMPORTANT:** *Wash your hands after handling raw meat.*



2 COOK THE RICE

When the **water** is boiling, add **half** the **stock pot**, a good pinch of **salt** and the **brown rice** to the pan. Cook until tender, 25-30 mins. Add more **water** to the pan if it is absorbed by the **rice**. Whilst the **rice** cooks, separate the **broccoli** into florets (mini trees). Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Zest and juice the **lime**.



3 ROAST THE CHICKEN

Heat a frying pan over high heat and add splash of **oil**. Carefully add the **chicken** and cook until nicely browned, 2-3 mins on each side. Transfer to a lined baking tray (don't wash your pan we'll use it again) and roast on the top shelf of your oven for 15-17 mins. **! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* Discard the excess **marinade**.



4 ADD THE BROCCOLI

When your **chicken** has 10 mins left, add the **broccoli** to the baking tray with the **chicken**. Roast until golden and crispy.



5 MAKE THE SAUCE

Once the **rice** is ready, drain in a sieve, then return to the pan. Cover with a lid to keep warm. It's time to make the **sauce**. Add the **water** (see ingredients for amount), remaining **stock pot**, **coconut milk** and **Mexican spice mix** to the frying pan you used earlier, on medium-high. Bring to the boil, dissolve the **stock pot** then reduce the heat and gently bubble for 2-3 mins.



6 FINISH AND SERVE

Finish the sauce with **lime juice** and **zest** to taste, then stir through the **coriander**. Season with **salt** and **pepper** if it needs it. When the **chicken** is cooked, cut each breast into five slices. Serve on top of a generous portion of **rice** and finish with the **roasted broccoli** and the **coconut sauce** spooned over the **chicken**. **Enjoy!**

2 PEOPLE INGREDIENTS

Chicken Breast	2
Mexican Spice Mix	1½ tsp
Coconut Milk	200ml
Chicken Stock Pot	1
Brown Basmati Rice	150g
Broccoli, florets	1
Garlic Clove, grated	1
Coriander, chopped	1 small bunch
Lime	1
Water*	50ml

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 560G	PER 100G
Energy (kcal)	719	128
(kJ)	3008	537
Fat (g)	25	4
Sat. Fat (g)	18	3
Carbohydrate (g)	67	12
Sugars (g)	8	1
Protein (g)	56	10
Salt (g)	3.25	0.58

ALLERGENS

Mexican Spice Mix: Cumin, Paprika, Sea Salt, Black Peppercorns, Roasted Garlic, Roasted Red Chillies, Onion Powder, Cayenne, Thyme, Allspice, Oregano.

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

! Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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