



20-MIN MEAL

PULLED CHICKEN RICE BOWLS

with Tomato Salsa and Monterey Jack Cheese



HELLO PULLED CHICKEN

Forget hours of slow-cooking: this ready-to-heat meat gives you tenderness in a fraction of the time.

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 730

-  Jasmine Rice
-  Green Bell Pepper
-  Cilantro
-  Pulled Chicken
-  Chicken Stock Concentrate
-  Sour Cream (Contains: Milk)
-  Red Onion
-  Roma Tomato
-  Fajita Spice Blend
-  Lime
-  Monterey Jack Cheese (Contains: Milk)

START STRONG

Not a fan of cilantro's flavor? That's OK. In fact, it's believed that your genes may determine whether or not you like the herb. If you prefer, you can skip it or add it to taste.

BUST OUT

- Small pot
- Large pan
- Small bowl
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Vegetable oil (4 tsp | 8 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Jasmine Rice ½ Cup | 1 Cup
- Red Onion 1 | 2
- Green Bell Pepper 1 | 2
- Roma Tomato 1 | 2
- Cilantro ¼ oz | ½ oz
- Lime 1 | 2
- Pulled Chicken 8 oz | 16 oz
- Fajita Spice Blend 1 TBSP | 2 TBSP
- Chicken Stock Concentrate 1 | 2
- Monterey Jack Cheese ¼ Cup | ½ Cup
- Sour Cream 4 TBSP | 8 TBSP

HELLO WINE



PAIR WITH

Cierzo Spanish Tempranillo, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 COOK RICE

Place **1 cup water** and **1 TBSP butter** in a small, lidded pot. Bring to a boil over high heat, then add **rice**, stirring once. Lower heat, reduce to a gentle simmer, and cover. Cook until tender, about 15 minutes. Keep covered off heat.



4 SIMMER CHICKEN

Add another large drizzle of **oil** to pan with **veggies** over medium-high heat. Tear **chicken** into bite-sized shreds and add to pan. Season with **salt**, **pepper**, and **fajita spice**. Cook, tossing, to combine and warm through, 2-3 minutes. Stir in **stock concentrate** and **½ cup water**. Bring to a boil, then reduce heat to low and stir in **1 TBSP butter**. Let simmer 1-2 minutes.



2 PREP

Wash and dry all produce. Halve, peel, and thinly slice **onion**; mince a few slices until you have 2 TBSP minced onion. Halve, core, and seed **bell pepper**, then thinly slice. Core, seed, and finely dice **tomato**. Finely chop **cilantro**. Halve **lime**; cut one half into wedges.



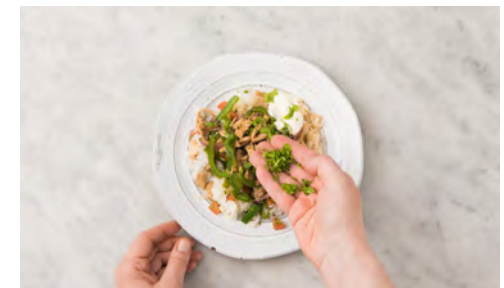
5 MAKE SALSA

While chicken cooks, toss together **tomato**, **minced onion**, and half the **cilantro** in a small bowl. Squeeze in **juice** from lime half. Season with **salt** and **pepper**, then toss again to combine.



3 COOK VEGGIES

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **sliced onion** and **bell pepper**. Cook, tossing, until just softened, 3-4 minutes.



6 FINISH AND SERVE

Fluff **rice** with a fork, then season with **salt** and **pepper**. Divide between plates, then arrange **chicken and veggies** on top. Sprinkle with **cheese**, then spoon over **salsa**, dollop with **sour cream**, and garnish with remaining **cilantro**. Serve with **lime wedges** on the side for squeezing over.

DIG IN!

Chicken and rice made extra nice.

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