



# Chicken Burrito Bowls


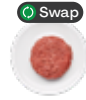










with Pico De Gallo and Green Onion Rice

Family Friendly 25 Minutes

Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- |   |   |
|---|---|
| <br>Ground Beef<br>250 g   500 g             | <br>Beyond Meat®<br>2   4                  |
| <br>Ground Chicken <b>+</b><br>250 g   500 g | <br>Garlic Puree<br>1 tbsp   2 tbsp        |
| <br>Green Onion<br>1   2                     | <br>Basmati Rice<br>¾ cup   1 ½ cups       |
| <br>Tomato<br>2   4                          | <br>Lime<br>1   2                          |
| <br>Corn Kernels<br>113 g   227 g           | <br>Sour Cream<br>1   2                   |
| <br>Guacamole<br>3 tbsp   6 tbsp           | <br>Mexican Seasoning<br>2 tbsp   4 tbsp |

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, oil, salt

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, small bowl, zester

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### Cook rice

- Before starting, add 1 ¼ cups (2 ½ cups) water and ¼ tsp (½ tsp) salt to a medium pot. Cover and bring to a boil over high heat.

- Wash and dry all produce.

- Add **rice** to the **boiling water**. Reduce heat to low.
- Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

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### Finish chicken

- Add **corn** to the pan with **chicken**. Cook, stirring occasionally, until golden-brown, 4-5 min.
- Reduce heat to medium. Stir in **Mexican Seasoning**, **garlic puree** and **3 tbsp** (6 tbsp) **water**.
- Cook, stirring often, until fragrant, 1-2 min. Remove from heat.

2



### Prep

- Meanwhile, cut **tomatoes** into ½-inch pieces.
- Zest, then juice **lime**.
- Thinly slice **green onions**, keeping **green and white parts** separate.

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### Make condiments

- Meanwhile, combine **sour cream**, **half the lime juice** and **half the lime zest** in a small bowl. (NOTE: This is your lime crema.)
- Add **tomatoes**, **green onion whites** and **remaining lime juice** to a medium bowl. Season with **salt** and **pepper**, then toss to combine. (NOTE: This is your pico de gallo.)

3



### Cook chicken

Swap | Ground Beef

Swap | Beyond Meat®

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**.
- Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Season with **salt** and **pepper**.

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### Finish and serve

- Fluff **rice** with a fork, then add **remaining lime zest** and **remaining green onions**. Season with **salt**, then stir to combine.
- Divide **rice** between bowls, then top with **chicken mixture** and **pico de gallo**.
- Dollop **lime crema** and **guacamole** over top.

Measurements within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

3 | Cook beef

Swap | Ground Beef

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **chicken**.\*\*

3 | Cook Beyond Meat®

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, cook it the same way as the **chicken**, breaking up **patties** into smaller pieces until crispy, 5-6 min.\*\*

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F.