



Carb Smart Chipotle Chicken Bowls

with DIY Salsa and Cilantro-Lime Cauliflower 'Rice'

Carb Smart

Spicy

30 Minutes



Chicken Thighs



Cauliflower, florets



Cilantro



Lime



Roma Tomato



Chipotle Sauce



Sweet Bell Pepper



Mexican Seasoning



Garlic, cloves

HELLO CAULIFLOWER

A great low-carb alternative for starchy veggies!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, zester, aluminum foil, large bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Cauliflower, florets	285 g	570 g
Cilantro	7 g	7 g
Lime	1	1
Roma Tomato	160 g	320 g
Chipotle Sauce 🍷	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Mexican Seasoning	1 tbsp	2 tbsp
Garlic, cloves	2	4
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

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.

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Prep and marinate tomatoes

Core, then cut **pepper** into ¼-inch pieces. Cut **tomatoes** into ¼-inch pieces. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Roughly chop **cilantro**. Peel, then mince or grate **garlic**. Very finely chop **cauliflower**. (**TIP:** To save on prep, pulse cauliflower in a food processor until it resembles grains of rice.) Add **tomatoes, lime juice** and **½ tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then stir to combine.



Cook peppers

While **chicken** broils, heat a large non-stick pan over medium-high heat. When hot, add **peppers** to the dry pan. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp and charred in spots, 3-4 min. Transfer **peppers** to a plate.



Marinate chicken

Add **half the cilantro**, **half the lime zest**, **Mexican Seasoning** and **½ tbsp oil** (dbl for 4 ppl) to a medium bowl. Season with **salt**, then stir to combine. (**NOTE:** This is your marinade.) Pat **chicken** dry with paper towels, then cut into 1-inch pieces. Add **chicken** to the bowl with **marinade**, then toss to coat.



Cook cauliflower 'rice'

Heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **cauliflower**. Season with **salt** and **pepper**. Cook, stirring often, until tender, 3-4 min. Add **garlic**. Cook, stirring often, until fragrant, 30 sec. Remove the pan from heat, then stir in **remaining cilantro** and **remaining lime zest**.



Broil chicken

Add **marinated chicken** to a foil-lined baking sheet and arrange in a single layer. Broil in the **top** of the oven until charred in spots and cooked through, 7-9 min. ****** When **chicken** is done, drizzle with **chipotle sauce**, then toss to coat.



Finish and serve

Add **peppers** to the large bowl with **tomatoes**, then stir to combine. Divide **cauliflower 'rice'**, **chicken** and **salsa** between bowls. Squeeze over a **lime wedge**, if desired.

Dinner Solved!