



# Ground Chicken Fajita Bowls

with Spanish-Style Rice

Family Friendly

Quick

25 Minutes



Ground Chicken



Enchilada Spice Blend



Garlic Puree



Sweet Bell Pepper



Corn Kernels



Cheddar Cheese, shredded



Basmati Rice



Tomato Sauce Base



Tomato Salsa



Sour Cream

## HELLO ENCHILADA SPICE BLEND

*This savoury blend combines warming spices with aromatic onion and garlic!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Measuring spoons, strainer, medium pot, measuring cups, large non-stick pan

### Ingredients

	2 Person	4 Person
Ground Chicken *	250 g	500 g
Enchilada Spice Blend	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Corn Kernels	113 g	227 g
Cheddar Cheese, shredded	¼ cup	½ cup
Basmati Rice	¾ cup	1 ½ cups
Tomato Sauce Base	2 tbsp	4 tbsp
Tomato Salsa	½ cup	1 cup
Sour Cream	3 tbsp	6 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

† 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.*

### Contact

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### Start rice

- Heat a medium pot over medium heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pot until melted.
- Add **rice, tomato sauce base, 2 tsp Enchilada Spice Blend** (dbl for 4 ppl) and **half the garlic puree**. Cook, stirring often, until **spices** are fragrant and **rice** is toasted, 1-2 min.



### Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers** and **corn**.
- Cook, stirring often, until **veggies** soften, 4-5 min. Season with **salt** and **pepper**.
- Transfer **veggies** to a plate, then cover to keep warm.



### Finish rice

- Add **1 cup water** and **¼ tsp salt** (dbl both for 4 ppl) to the pot and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



### Cook chicken

- Add **1 tbsp oil** (dbl for 4 ppl) to the same pan, then **chicken, remaining Enchilada Spice Blend** and **remaining garlic puree**.
- Cook, stirring occasionally, until **chicken** is cooked through, 5-6 min. **\*\*** Season with **salt** and **pepper**, to taste.



### Prep

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Drain, then rinse **corn**.



### Finish and serve

- Fluff **rice** with a fork. Season with **salt** and **pepper**, to taste.
- Divide **rice** between bowls. Top with **veggies, chicken** and **cheese**.
- Dollop **sour cream** and **salsa** over top.

## Dinner Solved!